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*How to make home happy: or,
Hints and cautions for all*

William Jones



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HOW TO MAKE HOME HAPPY.

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OR,

HINTS AND CAUTIONS FOR ALL.

WITH

FIVE HUNDRED ODDS AND ENDS WORTH REMEMBERING.

BY

WILLIAM JONES, F.S.A.

"Why should the philosophic mind disdain
That good which makes each humbler bosom vain?
Let school-taught pride dissemble all it can,
These little things are great to little man;
And wise is he whose sympathetic mind
Exults in all the good of all mankind."—GOLDEN RULE.



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TO

MY WIFE,

THE

PROMOTER OF MY SOCIAL COMFORTS, AND THE SHARER OF

MY LITERARY PLEASURES,

This Volume

IS DEDICATED.

P R E F A C E.

THE following pages are intended for the service of those who cultivate the enjoyments of home, and the prudent distribution of its resources,—who feel

“The first, sure symptom of a mind in health
Is rest of heart and pleasure found at home.”

A disregard of what are generally considered *little* matters, but which, in reality, constitute important items in the aggregate of human happiness, is a prevailing misfortune; and the consequence of this indifference is too frequently a rupture of social ties and a disordered household. All must be aware how much we depend upon apparently trifling circumstances for our comfort.

This volume is intended to bring prominently forward such suggestive hints and reflections as may assist those who are entering upon the superintendence of house duties. Salutory advice on matters of domestic economy can never be unprofitable, but will, sooner or later, produce a desirable effect. A careful housekeeper will carry his principles of method and accuracy into any department of the public service in which he may be placed; and those who are prudent administrators of their own property offer the best guarantee for the welfare of society generally.

Count thy specious gifts no gifts, but guiles.

HOW TO MAKE HOME HAPPY ;

OR,

HINTS AND CAUTIONS FOR ALL,

Intervals between Meals.

MR. CURTIS, in his work on "Health," observes, that as a general rule, an interval of five or six hours should elapse between the meals ; but this must, of course, vary according to circumstances, and depend upon the appetite. Persons engaged in business frequently do themselves much mischief by disregarding its monitions amidst the bustle and excitement of trade ; after a time, it is true, the appetite subsides, but the necessity for food is not thereby removed. It is no unusual thing for a merchant to breakfast at eight o'clock in the morning, ride several miles to town, and return to dine in the evening between six and seven o'clock, without having during that time eaten anything. This long fasting is injurious, and the subsequent full meal still more so. In such cases a luncheon ought certainly to be taken.

Contentment.

HE who would happy live to-day,
Must laugh the precious ills away,
Nor think of woes to come ;
For come they will, or soon or late ;
Since, mix'd at last in man's estate,
By Heaven's eternal doom.

A fat kitchen makes a lean will.

Silks and satins, scarlets and velvets, put out the kitchen fire.

What maintains one vice would bring up two children.

B

Method and Order.

NATURE, in every object, however minute, inculcates the invaluable lessons of method and order to man:—

“ Each moss,
Each shell, each crawling insect, holds a rank
Important in the plan of Him who framed
This scale of beings ;—holds a rank, which lost,
Would break the chain, and leave behind a gap
Which Nature's self would rue !”

Advance of Time.

THE age of man, we are told, is threescore years and ten. From twenty-five to forty, if the health be good, no material alteration is observed. From thence to fifty, the change is greater. Fifty-five to sixty, the alteration startles, still we are not bowed down. In the earliest periods of our life the body strengthens and keeps up the mind ; in the latter stages of it the reverse takes place, and the mind keeps up the body : a formidable duty this, and keenly felt by *both*. Such is Time's progress !

Perseverance.

JOHN WESLEY was an extraordinary instance of perseverance and activity. Not an hour, scarcely even a minute, was abstracted from the service of the cause in which he was engaged. He rested nowhere, seldom riding less than from forty to sixty miles per day, reading and writing even on his journeys from place to place, and generally preaching three, four, and even five times a-day.

Raking out the Fire.

IT was observed at the British Association in 1838 that Newcastle, notwithstanding the vast consumption of coal in the town, is remarkably free from fires of dangerous magnitude ; and it was suggested whether, as the greater number of fires occurred in London about eleven o'clock at night, the practice of raking out the fire at bed-time, which is not done at Newcastle where coals are cheap, might not have some connexion with these conflagrations.

The virtue of Prosperity is Temperance ; the virtue of Adversity is Fortitude.

He that is careless of his fame is not fond of integrity.

Active minds can never be idle with impunity.

Hints on Fires.

TO extinguish a fire in the chimney, besides any water at hand, throw on it salt, or a handful of flour of sulphur, as soon as you can obtain it ; keep all the doors and windows tightly shut, and hold before the fire-place a blanket, or some woollen article, to exclude the air. Children should be early taught how to press out a spark when it happens to reach any part of their dress, and also that running into the air will cause it to blaze immediately. Lime-water, beaten up with sweet oil, is an excellent ointment for burns.

Directions for aiding Persons to escape from Premises on Fire.

MR. BRAIDWOOD'S instructions are as follows :—
 1. Be careful to acquaint yourself with the best means of exit from the house, both at the top and bottom. 2. On the first alarm, reflect before you act ; if in bed at the time, wrap yourself in a blanket or bed-side carpet ; open no more doors or windows than are absolutely necessary, and shut every door after you. 3. There is always from eight to twelve inches of pure air close to the ground ; so if you cannot walk upright through the smoke, drop on your hands and knees, and thus go on. A wetted silk handkerchief, a piece of flannel, or a worsted stocking drawn over the face, permits breathing, and, to a great extent, excludes smoke. 4. If you can neither make your way upwards or downwards, get into a front room ; if there is a family, see that they are all collected here, and keep the door closed as much as possible, as the smoke always follows the draught. 5. On no account throw yourself, or allow others to throw themselves, from the windows. If no assistance is at hand, and you are in extremity, tie the sheets together, and having fastened one end to some heavy piece of furniture, let down the women and children, one by one, by tying the end of the line of sheets round the waist, and lowering them through the window *over the door*, rather than over the area. You can then let yourself down, when the helpless are saved. 6. If a woman's clothes should catch

The prodigal robs his heir, the miser robs himself.

An inconstant man is despicable, a faithless man is base.

Learning in prosperity is an ornament, in adversity a refuge.

A false friend is like the shadows of a sun-dial.

fire, let her roll herself over on the ground ; if a man be present, let him throw her down, if necessary, and wrap her in a rug, coat, or anything at hand. 7. By-standers, the instant they see a fire, should run for the fire-escape (or to the police-station, if that should be nearer), where a jumping-sheet is always ready. 8. On the first discovery of a fire, it is of the utmost consequence to shut, and keep shut, all the doors, windows, or other openings. It may often be observed, after a house has been on fire, that one floor is comparatively untouched, while those above and below are nearly burned out. This arises from the doors on that particular floor having been shut, and the draught directed elsewhere. If the fire appears at all serious, and there are fire-engines at a reasonable distance, it is best to await their arrival, as many buildings have been lost from opening the doors, and attempting to extinguish fires without adequate means. If no engines are within reach, it is well to keep a hand-pump. If that is not to be had, the next best thing is to collect as many buckets outside the room on fire as can be obtained, keeping the door shut ; then creep into the room on the hands and knees (if the heat and smoke are considerable), and throw the water as nearly in the direction of the fire as possible, keeping the door shut while more water is being collected.

A writer on Fires and Fire Insurance in the "Quarterly Review" observes, that "One reason, perhaps, why there is such a general average in the number of conflagrations throughout the year is, that the vast majority occur in factories and workshops where fire is used in summer as well as winter. This supposition appears, at first sight, to be contradicted by the fact, that nearly as many fires occur on Sunday as on any other day of the week. But when it is remembered that in numerous establishments it is necessary to keep in the fires throughout that day, and as in the majority of cases a very inadequate watch is kept, it is at once apparent why there is no immunity from the scourge. Indeed, some of the most destructive fires have broken out on a Sunday night or on a Monday morning, no doubt because a large body of fire had formed before it was detected. *A certain number of accidents occur in*

We die to live, and live to die no more.

Forgive any sooner than thyself.

summer in private houses from persons on hot nights opening the window behind the toilet-glass in their bedrooms when the draught blows the blind against the candle. If we watch still more narrowly the habits of fires, we find that they are active or dormant according to the time of the day. Thus, during a period of nine years, the percentage regularly increased from 1·96 at 9 o'clock A.M., the hour at which all householders might be considered to be about, to 3·34 at 1 P.M., 3·55 at 5 P.M., and 8·15 per cent at 10 P.M., which is just the time at which a fire left to itself by the departure of the workmen would have had swing enough to become visible.

"The origin of fires is now so narrowly inquired into by the officers of the Brigade, and by means of inquests, that we have been made acquainted with a vast number of curious causes, which would never have been suspected. From an analysis of fires which have occurred since the establishment of the Brigade, we have constructed the following table:—

Curtains	2511	Spark from railway	4
Candle	1178	Smoking tobacco	166
Flues	1555	Smoking ants	1
Stoves	494	Smoking in bed	2
Gas	982	Reading in ditto	22
Light dropped down area ..	13	Sewing in ditto	4
Lighted tobacco falling down		Sewing by candle	1
ditto	7	Lime overheating	44
Dust falling on horizontal		Waste ditto	43
flue	1	Cargo of lime, ditto	2
Doubtful	76	Rain slacking ditto	44
Incendiarism	89	High tide	1
Carelessness	100	Explosion	16
Intoxication	80	Spontaneous combustion ..	43
Dog	6	Heat from sun	8
Cat	19	Lightning	8
Hunting bugs	15	Carboy of acid bursting ..	2
Clothes - horse upset by		Drying linen	1
monkey	1	Shirts falling into fire ..	6
Lucifers	80	Lighting and upsetting	
Children playing with ditto	45	naphtha lamp	58
Rat gnawing ditto	1	Fire from iron kettle	1
Jackdaw playing with ditto	1	Sealing letter	1
Rat gnawing gaspipe	1	Charcoal fire of a suicide ..	1
Boys letting off fireworks ..	14	Insanity	5
Fireworks going off	68	Bleaching nuts	7
Children playing with fire	45	Unknown	1323
Spark from ditto	243		

" Among the more common causes of fire (such as gas,

Strive to excel in what is truly noble.

Let scandal alone, and it will die away of itself.

Of all virtues patience is oftenest wanted.

candle, curtains taking fire, children playing with fire, stoves, &c.), it is remarkable how uniformly the same numbers occur under each head from year to year.

"Although gas figures so largely as a cause of fire, it does not appear that its rapid introduction of late years into private houses has been attended with danger. *There is another kind of light, however, which the insurance offices look upon with terror, especially those who make it their business to insure farm property.* The assistant-secretary of one of the largest fire-offices, speaking broadly, informed us that *the introduction of the lucifer-match caused them an annual loss of ten thousand pounds.* In the foregoing list we see in how many ways they have given rise to fires :—

Lucifers going off, probably from heat	80
Children playing with lucifers	45
Rat gnawing lucifers	1
Jackdaw playing with lucifers	1
	<hr/>
	127

"One hundred and twenty-seven known fires thus arise from this single cause ; and no doubt many of the twenty-five fires ascribed to the agency of cats and dogs were owing to their *having thrown down boxes of matches at night*, which they frequently do, and which is almost certain to produce combustion. The item 'rat gnawing lucifer,' reminds us *to give a warning against leaving about wax lucifers where there are either rats or mice*, for these vermin constantly run away with them to their holes behind the inflammable canvas, and eat the wax until they reach the phosphorus, which is ignited by the friction of their teeth. Many fires are believed to have been produced by this singular circumstance. Dancers, and those that are accustomed to wear light muslins and other inflammable articles of clothing, when they are likely to come in contact with the gas, should remember that by steeping them in a solution of alum they would not catch fire."

Precautions to be taken by Farmers against a Fire.

THE following excellent directions are by Mr. Beaumont, the secretary of the County Fire Office :—

Eat slowly, and you will not over-eat.

Despise trifling affronts, and they will vanish.

A little method is worth a great deal of memory.

Forbid your men to use lucifer-matches, smoke, or light pipes or cigars, destroy wasps' nests, or fire off guns in or near the rick-yard, or to throw hot cinders into or against any wooden out-building on the farm, on pain of instant dismissal.

Place your ricks in a single line, and as far distant from each other as you conveniently can.

Place hay-ricks and corn-stacks *alternately*; the hay-rick will check the progress of the fire.

Keep the rick-yard, and especially the spaces between the stacks and ricks, clear of all loose straw, and, in all respects, in a clean and neat state. The loose straw is more frequently the means of firing than the stack itself.

Have a pond close to the rick-yard, although there may be but a bad supply of water.

When a steam thrashing-machine is to be used, place it *on the lee side* of the stack or barn, so that the wind may blow the sparks *away from* the stacks. Let the engine be placed as far from the machine as the length of the strap will allow. Have the loose straws continually cleared away from the engine; see that two or three pails of water are kept constantly close to the ash-pan, and that the pan itself is kept constantly full of water.

How to Act when a Fire has broken out in a Rick-yard.

DO not wait for the engines, nor for the assistance of the labourers from a distance. Depend entirely upon the immediate and energetic exertions of yourself and your own men.

Do not allow the rick or stack on fire to be disturbed; let it burn itself out; but let every exertion be made to press it compactly together, and, as far as is practicable, prevent any lighted particles flying about.

Get together all your blankets, carpets, sacks, rugs, and other similar articles, soak them thoroughly in water, and place them over and against the adjoining ricks and stacks, towards which the wind blows.

Having thus covered the sides of the ricks adjoining that on fire, devote all your attention to the latter.

Take care, or care will take you.

Never disoblige servants if you can avoid it.

Anger begins with folly, and ends with repentance.

Press it together by every available means. If water is at hand, throw upon it as much as possible. If engines arrive, let the water be thrown upon the blankets, &c., covering the adjoining stacks, and then upon the stack on fire.

Among the numerous hands who flock to assist on these occasions, many do mischief by their want of knowledge, and especially by opening the fired stack and scattering the embers. In order to obviate this evil, place your best man in command over the stack on fire, desire him to make it *his sole duty* to prevent it being disturbed, and to keep it pressed and watered.

Place other men, in whose steadiness you have confidence, to watch the adjoining ricks, to keep the coverings over them, and to extinguish any embers flying from the stack on fire. In order to effect this, it is most desirable that there should be ladders at hand to enable one or two of the labourers to mount upon each stack.

If the ricks are separated from each other, and there is no danger of the fire extending to a second, it is of course desirable to save as much of the one on fire as may be possible. That, however, is not unfrequently accomplished by keeping the ricks compactly together rather than by opening it.

Send for all the neighbours' blankets and tarpaulins; these are invaluable; they are near at hand, and can be immediately applied.

Cautions respecting Objects liable to Spontaneous Combustion.

SERIOUS accidents, and often conflagrations, ensue from substances taking fire of themselves; it will be well to remember that *sulphur and iron-filings*, moistened and buried in the ground, or laid in a heap, will inflame in a few days. *Iron pyrites*, composed of sulphur and iron, found naturally in coals, when laid in a heap in the coal-mines, often take fire and burn for a long time; and ships, freighted with coal, have been set fire to from the coals containing too much of this substance. *Chips of wood, impregnated with turpentine*, if laid together in a heap, will burst into a flame in

The table robs more than the thief.

Wherever the speech is corrupted, so is the mind.

Every oak must be an acorn.

twenty or thirty hours. This has been observed in manufactories of oil of turpentine, when the chips (which the raw turpentine, brought from America, contains) have been separated by straining. *The mixture used at theatres* for a red light has ignited spontaneously when a paper parcel, containing a pound of it, was laid by on a shelf. This powder consists of nitrate of strontium, sulphur, chlorate of potash, sulphurate of antimony, and a little lampblack. *Peat, when charred*, is very apt to take fire of itself. *Wool that is much oiled*, and laid by in quantities, has been known to inflame spontaneously. *Tow, with lampblack and oil*, is extremely liable to spontaneous inflammation. Both these last have frequently been the cause of places where they were kept being set fire to, without the cause having been at first suspected.

The cause of most fires which have arisen from spontaneous combustion is lost in the consequence. Cases occasionally occur where the firemen have been able to detect it, as at Hibernia Wharf in 1846. It happened that a porter had swept the sawdust from the floor into a heap, upon which a broken flask of olive-oil, that was placed above, dripped its contents. To these elements of combustion the sun added its power, and sixteen hours afterwards the fire broke out. This may not occur again for a long period, if at all; but it is important to know that oiled sawdust warmed by the sun will fire in sixteen hours, as it accounts for a number of conflagrations in saw-mills, which never could be traced to any probable cause. The great fire which occurred at Liverpool in October 1854, was occasioned by the explosion of spirits of turpentine, which blew out, one after another, seven of the walls of the vaults underneath the warehouse, and in some cases destroyed the vaulting itself, and exposed to the flames the cotton above. The turpentine is said to have been fired by a workman, who snuffed the candle with his fingers, and accidentally threw the burning wick down the bung-hole of one of the barrels of turpentine.

Another cause of fire, which is of recent date, is the use of naphtha in lamps—a most ignitable fluid when mixed in certain proportions with common air.

It is commonly imagined that the introduction of

The other side of the road always looks cleanest.

Willows are weak, yet they bind other wood.

An empty skull is the devil's workshop.

hot water, hot air, and steam-pipes, as a means of heating buildings, cuts off one avenue of danger from fire. This is an error. Iron pipes, often heated up to 400°, are placed in close contact with floors and skirting-boards, supported by slight diagonal props of wood, which a much lower degree of heat will suffice to ignite. Mr. Braidwood, in his evidence before a committee of the House of Lords in 1846, stated it to be his belief, that by long exposure to heat, not much exceeding that of boiling-water, or 212°, timber is brought into such a condition, *that it will fire without the application of a light*. The time during which this process of desiccation goes on, until it ends in spontaneous combustion, is, he thinks, from eight to ten years; *so that a fire might be hatching in a man's premises during the whole of his lease without making any sign.*

A bright knife will often assist a dull appetite.

Life.

THE past !—what is it but a gleam,
Which memory faintly throws ?
The future !—'tis the fairy dream
That hope and fear compose.
The present is the lightning glance
That comes and disappears ;
Thus life is but a moment's trance
Of mem'ries, hopes, and fears.

Unclean Habits.

IT should be remembered that unclean and disgusting practices, although they may lose much of their offensiveness from repetition, to the parties who themselves practise them, yet that in most cases they are scarcely less offensive to those who do not participate in them, and who are forced to be spectators.

Success.

THE saying of the Duke of Wellington ought never to be forgotten, that "success can only be obtained by tracing every part of every operation from its origin to its concluding point."

A fog cannot be dispelled with a fan.

A thousand probabilities do not make one truth.

Rules of Conduct.

1. **I** NEVER lose any time. I do not think that lost which is spent in amusement or recreation, some time every day ; but always be in the habit of being employed. 2. Never err the least in truth. 3. Never say an ill thing of a person when thou canst say a good thing of him : not only speak charitably, but feel so. 4. Never be irritable nor unkind to anybody. 5. Never indulge thyself in luxuries that are not necessary. 6. Do all things with consideration ; and, when thy path to act right is most difficult, feel confident in that Power alone which is able to assist thee, and exert thy own powers as far as they go.—MRS. FRY.

Early Rising.

FOR shame !—

Get up, thou slug-a-bed, and see
The dew-bespangled herb and tree ;
Each flow'r has wept and bow'd towards the East,
Above an hour since ; yet you are not drest,—
Nay, not so much as out of bed,—
When all the birds have matins said,
And sung their thankful hymns ;—'tis sin,—
Nay, profanation,—to keep in.—HERRICK.

How to render Time valuable.

JEREMY BENTHAM was a great economist of time. He knew the value of minutes. The disposal of his hours, both of labour and of repose, was a matter of systematic arrangement, and the arrangement was determined on the principle, that it is a calamity to lose the smallest portion of time. He did not deem it sufficient to provide against the loss of a day or an hour ; he took effectual means to prevent the occurrence of any such calamity to him ; but he did more : he was careful to provide against the loss even of a single minute ; and there is not on record any example of a human being who lived more habitually under the practical consciousness, that his days are numbered, and that "the night cometh in which no man can work."

Deride not the unfortunate.

Who looks not before finds himself behind.

A good servant makes a good master.

Smoking Tobacco.

IN Froriep's Journal of a recent date, an interesting article has been published on the habit of tobacco-smoking, and on poisoning by nicotine. Among the facts there mentioned, are the experiments instituted by M. Malapert, a pharmacien of Poitiers. His intention was to ascertain the exact quantity of nicotine absorbed by smokers, in proportion to the weight of tobacco consumed. The apparatus used consisted of a stone jar, in which the tobacco was made to burn, connected with a series of bottles, communicating by tubes. The bottles were either empty, or contained some water, mixed or not, with a little sulphuric acid. From a few experiments it was found that, in the smoke of tobacco extracted by inspiration, there is ten per cent of nicotine. Thus, a man who smokes a cigar of the weight of twenty grains, receives in his mouth seven grains of nicotine mixed with a little watery vapour, tar, empyreumatic oil, &c. Although a large proportion of this nicotine is rejected, both by the smoke puffed from the mouth and by the saliva, a portion is nevertheless taken up by the vessels of the buccal and laryngeal mucous membrane, circulated with the blood, and acts upon the brain. With those unaccustomed to the use of tobacco, the nicotine, when in contact with the latter organ, produces vertigo, nausea, headache, and somnolence, whilst habitual smokers are merely thrown into a state of excitement, similar to that produced by moderate quantities of wine or tea.

From further investigations, it is found that the drier the tobacco the less nicotine reaches the mouth. A very dry cigar, whilst burning, yields a very small amount of watery vapour; the smoke cools rapidly, and allows the condensation of the nicotine before it reaches the mouth. Hence it comes that the first half of a cigar smokes more mildly than the second, in which a certain amount of condensed watery vapour and nicotine, freed by the first half, are deposited. The same remarks apply to smoking tobacco in pipes; and if smokers were prudent, they would never consume but half a cigar, or pipe, and throw away the other.

A word fitly spoken is like apples of gold in pictures of silver.

An angry man opens his mouth and shuts his eyes.

A blithe heart makes a blooming visage.

Smoking through water, or with long tubes and small bowls, is also a precaution which should not be neglected.

Adulterated Tobacco.

IN 1852, 1853, 1854, about sixty-nine persons or firms were prosecuted in England, and thirty-one in Ireland for breaches of the tobacco laws. The materials for adulterating consist of sugar, alum, lime, flour of meal, rhubarb leaves, saltpetre, fullers' earth, starch, malt commings, chromate of lead, peat-moss, treacle, common burdock leaves, common salt, endive leaves, lampblack, gum, and red dye, black dye composed of vegetable red, iron, and liquorice.

Excessive Smoking.

IN countries where tobacco is grown, as in America, the pernicious effects of extreme indulgence in smoking are fully known and recognised. In America it is no uncommon circumstance to hear of Coroners' Inquests on the bodies of smokers, especially youths; the ordinary verdict being, "Died from excessive tobacco-smoking!"

Dr. Adam Clarke's Opinion of Tobacco.

DR. CLARKE used to say that if he were going to make a present to the devil, it would be a pig stuffed with tobacco.

Position of Fire-grates.

A FASHION has lately been introduced into this country of placing the fire-grates much lower than formerly, in some cases on the very hearth; the reasons usually assigned being, that a low fire burns better, or gives out more heat from the same quantity of fuel than a higher; and that, because lower and nearer the floor, it must warm the carpet before, and so prevent, or lessen to the inhabitants, the evil of cold feet. Now, both these suppositions are curious errors or delusions, having their origin in popular misconceptions respect-

Wine has drowned more than the sea.

Reprove thy friend privately, commend him publicly.

Not the pain, but the cause, makes the martyr.

Fortune gives to many too much, but to none enough.

ing the nature and laws of heat, and particularly respecting the law of radiation. Radiation is the Latin word for the spoke of a wheel, and anything which diverges or spreads around from a centre, in some degree like spokes, is said to radiate. Light and heat are of this nature. The portion of either which passes in a straight line from the source is called a ray. . . . Most persons are aware that if a good mirror be placed close to a lamp on one side, it not only intercepts all the rays that fall upon it, which means nearly half of the light given out, but that it returns or reflects these rays back in contrary corresponding directions, and nearly doubles the illumination in those directions ; but many do not learn by their unaided observation, that if a surface of any substance, like fire-brick, which strongly resists the passage of heat through it, be placed near a fire, it not only intercepts the heat-rays falling on it, but, by absorbing them, and so becoming heated, often to redness, it then reflects and radiates back the greater part of the heat, almost as if it were additional hot fuel in the fire, and thereby nearly doubles the warmth felt in directions away from the surface. It has been ascertained that, of the heat produced by combustion in a common fire-place, one part—being somewhat more than half—is diffused, like the light, by radiation into the open space around, and that the remainder is given by contact and conduction to the air which supports the combustion, and to the solid material about the fire-place. Thus, then, with a common open fire-place, it is the radiated heat which, almost alone, warms the room, while the remainder either at once combines with the burned air or smoke, and passes up the chimney, or is given by the heated grate to pure air which touches that, passes into the chimney with the smoke, and, lastly, many persons do not suspect the truth, that the rays of heat passing through pure or transparent air, do not at all warm that air, but warm only the solid or opaque bodies by which the rays are intercepted, and that thus the air of a room is warmed only at second-hand by contact with the solid walls and furniture, which, having intercepted the heat-rays, have themselves first become heated.—DR. ARNOTT.

The remembrance of a well-spent life is sweet.

He is richest who is contented with least.

Popular Notions on Scientific Subjects.

THE influence which common parlance exerts on the acquisition of correct notions on scientific subjects, has often an unfortunate tendency. Thus, when we say in dull weather "the day is heavy; the air is thick and heavy," it is not generally supposed that the air is really *lighter* than on a fine day; but the fall of the barometer indicates the fact.

Snuff-taking.

THE effects of the long-continued use of snuff are, impairment of the sense of smell, and also, to a less extent, of that of taste; the voice also becomes much altered. These effects are not to be attributed entirely to the tobacco contained in the snuff, but are also due to the irritating action of the alkalies and salts, which enter into the composition of all snuffs, as well as to the red and yellow ochre, red lead, chromate of lead, bichromate of potash, and many other injurious substances with which snuff is coloured. The poisonous nature of the chromates of potash, especially the bichromate, has long been suspected, from the distressing symptoms produced in workmen engaged in many of the operations of dyeing. This led M. Duchatel, of Paris, to institute experiments with the view to investigate and determine the effects which this salt exerts on the animal economy, and the doses in which it proves injurious or poisonous. He found that, even in the small doses of from one-twenty-fifth of a grain to one-five-hundredth of a grain, it destroyed the lives of animals (dogs) on which he experimented, causing sickness, vomiting, and severe gastritis; and post-mortem examination showed the mucous membrane of the stomach and *prima via* to be much inflamed, and completely softened.

Besides the positive injury, snuff-taking is a dirty habit; for not only are the nostrils constantly filled with the brown and earthy-looking powder, but the fauces, as well as the stomach, come in for their share of it; the face is often smeared with it, the nails filled with it, and the shirt and clothes also stained and dirtied by its use.—*Lancet*.

We should be cheerful without levity or folly.

Throw away nothing: you know not how much you may miss it.

The tongue cannot easily be chained, when once let loose.

Expense and Loss of Time in Snuff-taking.

EARL STANHOPE observes,—“Every professed, inveterate, and incurable snuff-taker, at a moderate computation, takes one pinch in ten minutes. Every pinch, with the agreeable ceremony of blowing and wiping the nose, and other incidental circumstances, consumes a minute and a half. One minute and a half out of every ten, allowing sixteen hours to a snuff-taking day, amounts to two hours and twenty-four minutes out of every natural day, or one day out of every ten. One day out of every ten amounts to thirty-six days and a half in a year. Hence, if we suppose the practice to be insisted in for forty years, two entire years of the snuff-taker's life will be dedicated to tickling his nose, and two more to blowing it.” The expense of snuff, snuff-boxes, and handkerchiefs, is also alluded to ; and it is calculated, “that by a proper application of the time and money thus lost to the public, a fund might be constituted for the discharge of the national debt.”

Constitutional Derangement by Snuff-taking.

THE constitutional effects resulting from the use of tobacco in the form of snuff, are certainly much less than in the case either of smoking and chewing tobacco ; indeed, the effects are in most cases chiefly local. The nerves of the Schneiderian membrane are over-stimulated ; there is determination of blood to the part, and the brain is roused. When any of the snuff taken makes its way into the fauces, as it very often does, it produces a certain amount of constitutional derangement and dyspepsia. On first beginning to take snuff, sickness and faintness are induced in the same way as from tobacco-smoking. Some lines have been written on this subject, and are wittily true :—

“The nose, turning down to the hand, calmly said,—
 ‘You annoy me so often with snuff, I’m half dead!
 You see, by my looks, I’m no longer the same,
 And thus to oppress me is really a shame.
 I’m here, as a guardian, the inmates to tell
 When effluvia arise, which I know by their smell :
 But how can I mind what I’m placed here to do,
 If I’m to be constantly smothered by you ?

Deliberate well before you promise.

Do good to your friend, that he may be wholly yours.

Much reading is apt to make us proud and pedantic.

If you are determined your nonsense to try,
Now and then, to relieve me, *pop snuff in the eye!*
But mind, as you wish to live long, I suppose,
Protected by eye, and by ear, and by nose,
With a constant supply of good flesh and sound bone,
Then I strongly advise you to let snuff alone."

Fifteen Rules for the Preservation of Health.

1. **P**URE atmospheric air is composed of nitrogen, oxygen, and a very small proportion of carbonic acid gas. Air once breathed, has lost the chief part of its oxygen, and acquired a proportionate increase of carbonic acid gas:—therefore health requires that we breathe the same air only once.

2. The solid parts of our bodies are continually wasting, and require to be repaired by fresh substances:—therefore food which is to repair the loss should be taken with due regard to the exercise and waste of the body.

3. The fluid part of our bodies also wastes constantly; but there is one fluid in animals, which is water:—therefore water only is necessary, and no artifice can produce a better drink.

4. The fluid of our bodies is to the solid in proportion as nine to one:—therefore a like proportion should prevail in the total amount of food taken.

5. Light exercises an important influence upon the growth and vigour of animals and plants:—therefore our dwellings should freely admit the solar rays.

6. Decomposing animal and vegetable substances yield various noxious gases, which enter the lungs and corrupt the blood:—therefore all impurities should be kept away from our abodes, and every precaution observed to secure a pure atmosphere.

7. Warmth is essential to all the bodily functions:—therefore an equal bodily temperature should be maintained by exercise, by clothing, or by fire.

8. Exercise warms, invigorates, and purifies the body; clothing preserves the warmth the body generates; fire imparts warmth externally:—therefore to obtain and preserve warmth, exercise and clothing are preferable to fire.

9. Fire consumes the oxygen of the air, and produces noxious gases:—therefore the air is less pure in the

Seeing much, makes us wise, sociable, and useful.

Reputation is power; consequently, to despise is to weaken.

Open rebuke is better than secret love.

presence of candles, gas, or coal-fire than otherwise ; and the deterioration should be repaired by increased ventilation.

10. The skin is a highly-organized membrane, full of minute pores, cells, blood-vessels, and nerves ; it imbibes moisture or throws it off, according to the state of the atmosphere and the temperature of the body. It also "breathes," as do the lungs (though less actively). All the internal organs sympathise with the skin :—therefore it should be repeatedly cleansed.

11. Late hours and anxious pursuits exhaust the nervous system, and produce disease and premature death :—therefore the hours of labour and study should be short.

12. Mental and bodily exercise are equally essential to the general health and happiness :—therefore recreation and study should succeed each other.

13. Man will live most healthily upon simple solids and fluids, of which a sufficient but temperate quantity should be taken :—therefore strong drinks, tobacco, snuff, and opium, and all mere indulgences, should be avoided.

14. Sudden alternations of heat and cold are dangerous, especially to the young and the aged :—therefore clothing in quantity and quality should be adapted to the alternations of night and day, and of the seasons. Drinking cold water when the body is hot, and hot tea and soups when cold, are productive of many evils.

15. Moderation in eating and drinking, short hours of labour and study, regularity in exercise, recreation and rest, cleanliness, equanimity of temper, and equality of temperature, are the great essentials to that which surpasses all wealth,—health of mind and body.

Poisonous Effects from using new Earthenware.

THE enamel used by potters varies in composition according to the purposes for which the ware is intended. They all, more or less, contain lead, cobalt, &c. Often the biscuit, as it is called, is made of clay which contains poisonous matter in various proportions ; and if, after the baking, the vessels are imperfectly glazed or protected, bad consequences may arise from

He is in the way to be wise who can bear reproof.

Severity breeds fear, but roughness engenders hate.

To think well is the way to act rightly.

using them. All such ware to be used in cooking when *new*, should first be proved; and this is best done by having it greased over with tallow or lard, and then subjected to the heat of an oven. This will generally be found a sure protection.

Poisonous Effects of Peach Kernels.

DR. KEATING mentions the case of a child, three years old, who had swallowed a large quantity of peach-kernels, and was rendered insensible, with all the signs of having taken a deadly poison. He administered an emetic, consisting of five grains of sulphate of zinc and ten of powdered ipecacuanha; this was followed by copious emesis, consisting of a large quantity of peach-kernels, emitting all the peculiar fragrance characteristic of prussic acid. Sinapisms were also applied to the spine and to the extremities, and after the vomiting had ceased, thirty drops of the aromatic spirits of ammonia were given in water, and repeated every half-hour. This had the effect of relieving the child.

Poisoning by Oysters and Mussels.

DEATH has frequently resulted from a want of precaution in examining these objects before eating. The injurious effects of the oyster are said, by some persons, to arise from its physiological state at and after its period of reproduction in the months of August, September, and October, at which season the sale should be interdicted. With regard to mussels, it would appear that the cooking of them neither increases nor diminishes their injurious qualities. Bouchardat states—but we do not know whether this has been confirmed—that he had discovered in the mussel a quantity of copper sufficient to destroy life.

Directions in Cases of Poisoning.

WHEN a person is in good health, and is suddenly attacked after having taken some food or drink, with violent pain, cramp in the stomach, sense of sickness or nausea, vomiting, convulsive twitchings, and a

He that helps the wicked hurts the good.

The drunkard hath a fool's tongue, and a traitor's heart.

Judge of a jest when you have done laughing.

sense of suffocation ; or if he be seized under the same circumstances with giddiness, delirium, or unusual sleepiness, then poisoning may be supposed. Poisons have been divided into four classes. 1st. Those causing local symptoms. 2d. Those producing spasmodic symptoms. 3d. Narcotic, or sleeping symptoms ; and 4th, paralytic symptoms. Poisons may be mineral, animal, or vegetable. 1st. Always send immediately for a medical man. 2d. Save all fluids vomited, and articles of food, cups, glasses, &c., used by the patient before being taken ill, and lock them up. 3d. Examine the cups to guide you in your treatment ; that is, smell them and look at them. As a rule, give emetics after poisons that cause sleepiness and raving ; chalk, milk, eggs, butter, and warm water ; or oil after poisons that cause vomiting and pain in the stomach and bowels with purging ; and when there is no inflammation about the throat, tickle it with a feather to excite vomiting.

Nervous Asthma.

M. MORPAIN, a French physician, has found that by burning brown paper soaked in a solution of saltpetre in the room of an asthmatic patient, the latter will obtain instantaneous relief. The following recipe is given :—Pasteboard, broken down with hot water, four ounces ; nitrate of potash, two ounces ; belladonna, stramonium, digitalis, lobelia inflata, all in powder, each twenty grains ; myrrh, and olibanum, of each two drachms and a half. Incorporate all these with the paste ; divide the mass in sheets of the thickness of three lines ; dry, and divide in little square pieces. Burn them in little saucers in a well-shut-up room.

Removing a Gold Ring from the Finger.

THE usual plan is to divide the ring with nippers ; but when the finger is too much swollen to allow of this, there is another plan, equally simple and less alarming to the patient. Take a piece of common twine, well soaped, and wind it closely (and as tightly as can well be borne) from the apex of the finger until

Knowledge in youth is wisdom in age.

Ingenuous shame once lost is never regained.

By others' vices wise men amend their own.

you reach the ring, then with the head of the needle or probe force the end of the twine through the ring and unwind; the ring will invariably come off with the twine.

How to imitate Old Oak.

IN "Kidd's Own Journal," it is stated that the appearance of old oak may be obtained by exposing any article of new oak to the vapours of ammonia. Every variety of tint may be procured, according to the duration and temperature of the volatile compounds. A new oak carved arm-chair, exposed to the vapours of ammonia, will, in about twelve hours, have all the appearance of having been made 200 years before.

Cement for Stone Ware.

GELATINE is allowed to swell in cold water, the jelly warmed, and so much recently slaked-lime added as requisite to render the mass sufficiently thick for the purpose. A thin coating of this cement is spread, while warm, over the gently-heated surfaces of fracture of the articles, and let dry under strong pressure. What oozes out is removed directly with a moist rag.

The Leech Barometer.

SECURE a leech in an eight-ounce phial three parts filled with water, with a piece of woven copper gauze tied over the mouth of the bottle, taking care to change the water once or twice a week during summer, and once or twice a fortnight during the winter months. The best position for the bottle is the bed-chamber window-sill. During the continuance of serene and beautiful weather, the leech may be observed to lie motionless at the bottom of the glass, coiled up in a spiral form. If on examination in a morning it is found crept up to the top of its lodging (where it will remain until the weather is settled), rain may be expected in the course of a few hours. On the approach of windy weather the poor prisoner glides through its limpid habitation with amazing swiftness, and seldom rests

Covet nothing overmuch.

It is less pain to learn in youth than to be ignorant in age.

Nothing is profitable which is dishonest.

until it begins to blow hard. For some days previous to any remarkable storm of thunder and rain, it lodges almost continually without water, and exhibits uneasiness in violent throes. In frosty, as in clear weather, it lies at the bottom ; and in snowy, as in rainy weather, it pitches its dwelling upon the very mouth of the phial.

Preservation of Dried Sweet Herbs.

AFTER drying sweet herbs, such as thyme, marjoram, savory, sage, &c. in the usual manner in the shade, put each sort into a small box 8 in. or 10 in. long, by 5 in. or 6 in. broad, and 6 in. or 8 in. deep. By means of boards of the size of the interior length and width of the box, and a screw press, press the herbs into cakes, or little trusses, about 8 in. long, and by 5 in. wide and 2 in. thick. These are afterwards carefully wrapped in paper, and, being kept in a dry place, will preserve their aroma in a perfect state for at least three years.

To preserve Celery through the Winter.

GET up the celery on a fine dry day before it is injured by frost, cut off the leaves and roots, and lay it in a dry airy place for a few days ; then remove it to a cool cellar, where it will be quite secure from frost, and pack it up with sand, putting layers of celery and of sand alternately.

Preservation of Butter through the Winter.

LET some salt be perfectly dried before the fire ; roll it with a glass bottle until it is as fine as possible ; spread a layer of salt at the bottom of the jar, then press and beat the butter down with a hard wooden rammer ; cover the top with a thick layer of salt, so that when turned to brine it shall entirely cover the butter. The best jars for this purpose are of Nottingham stone-ware, with lids.

When a barrel of salt butter is opened, and consumed slowly, the surface of the butter should be kept covered with strong brine. Butter may be preserved without

Light cares speak, great ones are dumb.

Hard words mostly flow from soft heads.

Marriage with peace is the world's paradise.

salt, by incorporating it with honey in the proportion of an ounce to a pound of butter. This has an agreeable taste, will keep for years, and might be useful in long voyages; but as the proportion of honey is considerable, it may not agree with some constitutions.

Preservation of Milk.

THE milk-men of Paris, to prevent their milk from turning sour, sometimes use a little sub-carbonate of soda, which unites with the acid as it forms; provided too much soda is not employed, this will have no injurious effect; a little calcined magnesia will answer the same purpose. Milk boiled with sugar will keep some time. Cream may be preserved for several weeks, or even months, in the following manner:—Dissolve in water an equal weight of white sugar with cream you wish to preserve, using only so much water as just to melt the sugar and make a rich syrup. Boil this, and while hot add the cream, stirring them well together. When cold, put this into a bottle, and cork it well.

Preserving Meat and Fish by Sugar.

TO preserve fish by sugar, open them and rub the sugar in, in the same manner as salt, leaving it then for a few days. If the fish be intended for long keeping, dry it after this, taking care to expose new surfaces to the air frequently, to prevent mouldiness. Fish preserved in this manner, it is said, will be found, when dressed, much superior to what has been cured by salt, or smoke. For a salmon of six pounds weight, a tablespoonful of brown sugar is sufficient.

Bed Clothing.

DR. JOHNSON observes that the bed-clothes should be just sufficient to enable the patient to sleep. It is better to wake with a sensation which induces an inclination to draw the clothes more closely round the shoulders, than with an oppressive sense of heat, which induces a disposition to throw the clothes back. We should sleep, as we should eat, because it is necessary,

Be always at leisure to do good.

Advise not what is most pleasant, but what is most useful.

It is a fraud to borrow what we are not able to repay.

and not for the sake of the luxurious animal gratification which it yields. All necessary animal acts are, by the provident wisdom of Nature, rendered sufficiently enjoyable of themselves. To make them more so, is to expose ourselves to the almost resistless temptation of indulging to excess, and to the certain penalty which she never fails to exact, sooner or later, from all those who in any way infringe her laws, or step aside, either to the right hand or to the left, from that straight path in which she has determined we should walk if we would be well. The short morning doze into which one often suffers one's self to fall (after the full complement of the night's sleep is over), merely because it is not quite time to rise, when one wakes, perhaps about five or six o'clock, is always injurious.

All Good Things are common.

NATURE,—universal mother,—
Doth bestow on every soil,
Unto one as to another,
Equal gifts to equal toil :
'Tis on all the rain descendeth,—
'Tis for all the flow'rs are spread,—
'Tis one common sky that bendeth
O'er the humblest, haughtiest head.
All such things are common.

Feeding Poultry.

PROFESSOR GREGORY, in a letter to a friend, says,
—“As I suppose you keep poultry, I may tell you that it has been ascertained that, if you mix with their food a sufficient quantity of egg-shells or chalk, which they eat greedily, they will lay twice or thrice as many eggs as before. A well-fed fowl is disposed to lay a large number of eggs, but cannot do so without the materials of shells, however nourishing in other respects her food may be ; indeed, a fowl fed on food and water, free from carbonate of lime, and not finding any in the soil, or in the shape of mortar, which they often eat on the walls, would lay no eggs at all, with the best possible will.”

Quarrelling dogs come halting home.

We lessen our wants by lessening our desires.

There is no better looking-glass than a true friend.

Cheap Porous Butter-Coolers.

TAKE an ordinary flower-pot of the required dimensions, invert it, and stop the small hole with Portland cement (one part of the cement, and two of fine sand); then insert over it another pot of such size, that the space left between the sides of the two should be rather less than half an inch, and fix their rims together at the bottom with the same cement. The inside of the smaller pot must be made impervious by a coat of some resinous substance, say either a mixture of wax and resin applied in the melted state, or else some "liquid-glue" (solution of ordinary "shell-lac" in "methylated spirits"), laid on with a brush. The butter-cooler is then complete. Care should be taken that the pots are quite dry before the varnish is applied to the inner one, and three days should elapse after this last operation before the cooler is used.

If it be desired to combine a cooler for wine, &c., with the preceding, a small unglazed drain-pipe may be cemented (socket-end downwards), upon the top of the butter-cooler, and the object is accomplished. The cooler is filled with water from the top, through the hole left in the large flower-pot, and should rest on a large plate, with the butter, cheese, or other edible, raised slightly on a smaller one underneath the cooler itself; a bottle may then be placed in the upper part of the contrivance. Some of the coolers used at present allow the water to permeate their substance and pass to the inside; as must be sufficiently obvious, this arrangement will not.

Danger of using Quack Eye-Waters.

THOUSANDS of eyes have been ruined by the use of advertised lotions, which are, more or less, pernicious. The student (says Dr. Reynolds) should never use a stronger collyrium than good river-water, without the counsel of some skilful, well-informed physician. He enforces this advice by an anecdote of a celebrated eye-water, which made the fortune of a family in Paris by the wonderful cures it wrought, but which proved to be the water of the river Seine! We have known

When bread is wanting oaten cakes are excellent.

She spins a good web who brings up her son well.

Gossiping and lying are twin sisters.

(observes Dr. Allcott) a family, whose standing specific for weak or sore eyes, was diluted sulphuric acid. The smallest child in the family, whenever its eyes were affected, must submit to the application; and he was always consoled, or attempted to be consoled, by the idea that an application, in order to be of any service, must be painful as a matter of course; and that the prospect of relief was somewhat in proportion to the suffering endured in applying the remedy.

The Germans have a proverb, which illustrates the importance of avoiding any irritation of the delicate membrane of the eye, even by the fingers. They say, "Never touch your eyes, except with your elbow."

Pure soft water is the best specific for cleaning the eyes, or relieving any temporary pain; but for very weak eyes, a little caution is necessary in the application of water to them, especially as regards the temperature which should be adopted according to the experience and judgment of the patient himself.

Rules for the Preservation of Sight.

KEEP the eyes cool, use them much, generally in a full, strong light, and in the open air; but, at any rate, use them. Accustom them, on every occasion, to almost every degree of light, every kind of type, and every kind of artificial arrangement; taking care, however, especially in reading small or bad type, and in using a light badly constructed, or in a bad position, not to go so far as to induce fatigue. With these latter cautions the eyes will always improve by use, and that, on the contrary, the more they are favoured or indulged, the worse will be their condition.

The light afforded by wax-candles (observes Mr. Cooper) is remarkably pure and agreeable to the eyes. It is sufficient for the purpose of illumination, without inducing fatigue of the organs. Its defining powers are considerable, whilst it is devoid of the glare and heating properties which render gas so objectionable. Common candles emit a very inferior light, and the flickering, unevenness, and want of steadiness of the flame, constitute an objection, from which even those made of wax are not quite free, but which is particularly con-

You may know by a penny how a shilling spends.

The greatest wealth is contentment with little.

Wrinkled purses make wrinkled faces.

spicuous in the commoner description of candles. Upon the whole, a person who employs his eyes much by night, cannot do better than use wax candles. Reading by fire-light, or simply gazing at the fire when sitting alone, or in a contemplative mood, is highly injurious to feeble eyes. In reading and writing, just that amount and quality of light, whether natural or artificial, should be allowed; which, while it thoroughly illuminates the object, feels grateful and pleasant to the eyes. Sudden transitions from gloom to strong light should be avoided. It cannot be too strongly urged upon any one about to use spectacles for the first time, that that power, which will enable him to read without much exertion by candle-light, is the only power suitable for him. It is by candle-light only that he should use glasses at first, and so soon as he finds that he stands in need of glasses by day as well as candle-light, and that the glasses he uses no longer afford him sufficient assistance by candle-light, it will be proper to use the next power for the evening—but for the evening only—and to allow himself the use of the others—and their use only—during the day.

Cure for Corpulence.

THE ancient Spartans paid as much attention to the rearing of men as the cattle-breeders in modern England do to the breeding of cattle. They took charge of the firmness and looseness of men's flesh, and regulated the degree of fatness to which it is lawful, in a free state, for any citizen to extend his body. Those who dared to grow too fat or too soft for military exercise and the service of Sparta, were soundly whipped. In one particular instance, that of Naucelis, the son of Polybus, the offender was brought before the Ephori, and a meeting of the whole people of Sparta, at which his unlawful fatness was publicly exposed, and he was threatened with perpetual banishment if he did not bring his body within the regular Spartan compass, and give up his culpable mode of living, which was declared to be more worthy of an Ionian than of a son of Lacedemon.

To him that wills ways are seldom wanting.

The abuse of riches is worse than the want of them.

Use soft words and hard arguments.

Importance of Tranquillity in Nurses.

DR. LYON PLAYFAIR observes, that in woman we find that anything tending to annoy her, or irritate her feelings, or produce an exhibition of anger, occasions at the same time a partial destruction of the valuable constituents of her milk. We have it in our power to observe these effects in woman with more accuracy than in the lower animals, though, doubtless, similar feelings will produce in both the same change in the composition of the milk. The milk of a woman who has experienced a violent and sudden fit of anger, is found to be quite sour; hence, it is requisite that wet-nurses should be kept in a state of perfect tranquillity both in mind and body.

Cruelty.

SHAME that of all the living chain
That links creation's plan,
There is but one delights in pain,
The savage monarch—man!
Oh, Cruelty! who could rehearse
The million dismal deeds,
Or track the workings of the curse
By which all nature bleeds,
Thou meanest crime, thou coward sin!
MONCKTON MILNES.

The best Cosmetic.

BEAU BRUMMEL is said to have given for answer to the question as to which is the best cosmetic,—
“Clean linen, and plenty of it.”

Bells in a Household.

IN every industrious household (observes Miss Martineau), there should be a bell. This is an admonition which tries no temper, and gives no personal offence. If the father himself rings the family up in the morning, it is a fine thing for everybody.

The horseshoe that clatters wants a nail.

We never know the worth of water till the well is dry.

That is a wise delay which makes the road safe.

Salutary Saws of the Egyptians.

AMONG other ancient salutary saws amongst the Egyptians, were these:—Honour thy parents—be virtuous—wash thy body twice each day, and twice each night—live upon little—reveal no secrets.

Take Heed in time.

A SMALL disease which is ynough durable,
 At the beginning for lacke of medecine,
 At longe continuaunce becommeth incurable,
 The paynefull pacient bringing unto ruine :
 Therefor who will to his own health encline,
 And soone be healed of ill without all tary,
 To the physitian ought not to be contrary.
 BARCLAY'S *Ship of Fooles*, 1570.

The Plainest Road.

CHOOSE ever the plainest road, it always answers best. For the same reason choose ever to do and say what is the most just and the most correct. This conduct will save a thousand blushes, and a thousand struggles, and will deliver you from those secret torments, which are the never-failing attendants of dissimulation.

Seeking Information.

LOCKE was asked how he had contrived to accumulate a mine of knowledge so rich, yet so extensive and deep. He replied, that he attributed what little he knew to the not having been ashamed to ask for information, and to the rule he had laid down of conversing with all description of men, on those topics chiefly that formed their own particular profession and pursuits.

The best-informed men are undoubtedly those who adopt this rule.

Spend not when you may save.

The king of good fellows is appointed for the queen of beggars.

The stone that lies not in your way need not offend you.

How to resent an Injury.

A GENTLEMAN who had filled many high stations in public life, with the greatest honour to himself and advantage to the nation, once went to Sir Eardley Wilmot in great anger at a real injury that he had received from a person high in the political world, which he was considering how to resent in the most effectual manner. After relating the particulars to Sir Eardley, he asked him if he did not think it would be *manly* to resent it? "Yes," replied Sir Eardley, "it would doubtless be *manly* to resent it, but it would be *Godlike* to forgive it." This, the gentleman declared, had such an instantaneous effect upon him, that he came away quite another man, and in a temper entirely altered from that in which he went.

Law.

HE that with injury is grieved,
And goes to law to be relieved,
Is sillier than a sottish chouse,
Who, when a thief has robbed his house,
Applies himself to cunning men
To help him to his goods again ;
When all he can expect to gain
Is but to squander more, in vain.—BUTLER.

An honest attorney gave an intimate friend of his, that had commenced a suit against another, the following advice,—“Make an end with the lawyers, before they make an end of thee.” “The courts of law,” observes Lord Bacon, “are like those bramble-bushes whereunto while the sheep fly for defence and succour, they are sure to lose part of their fleeces.” “Avoid,” says Counsellor Manning, “going to law, for be thy cause never so good, thou mayst, nevertheless, not only fear the packing and embracing of the jury, the suborning of false witnesses, the bribing of the judge, and those that are of counsel with thee, but also the quickness of the wit, the subtlety of the rhetoric, and the volubility of the tongue of those that are paid to plead against thee.”

Spare not where you must spend.

Sit in your place, and none can make you rise.

Take away fuel and you take away flame.

Clothing for the Young.

ARE the little "Highlanders," observes Erasmus Wilson, whom we meet during three out of the four quarters of the year, under the guardianship of their nursery-maids, dawdling about the streets, in our public walks, or squares, properly protected from the cold? Are the fantastically-attired children whom we see "taking an airing" in carriages in our own parks, sufficiently and properly clad? If these questions can be truly answered in the affirmative, then, and then only, our remarks are needless. There can enter into the parent mind no more baneful idea than that of rendering children "hardy," by exposing them unnecessarily to cold, and by clothing them inefficiently. I have known instances wherein parents acting on this principle, have entirely failed in rearing their offspring. Does nature treat her progeny thus? Does she not, first of all, insure the birth of her young only at a kindly season, and then provide them with downy coverings, warm nests, and assiduous protectors? And we must imitate nature, if we would give to Britain a race capable and worthy of maintaining her independence and honour. The little denizens of a warm nursery must not be subjected, without a carefully-assorted covering, to the piercing and relentless east, or north-east wind; they must not be permitted to imbibe the seeds of that dreadful scourge of this climate—consumption, in their walks for exercise and health; they must be tended as the future lords of the earth, with jealous care and judicious zeal. *One-sixth of the deaths of young children, it must be remembered, result from cold.*

Ventilation of the Nursery.

THE nursery ought always to be one of the largest rooms in the house. It should be without carpet, and the bed without curtains. Wherever there is any quantity of curtains to a bed, it is injurious to the health of the persons sleeping in it, as it prevents their obtaining a proper supply of fresh air, and they are thus compelled to breathe that which has already been

Speak little, and to the purpose.

Quiet persons are welcome everywhere.

In trivial matters second thoughts are always the best.

vitiated by being once drawn into the lungs. The effect of want of ventilation upon the rearing of children, was very strikingly shown in the Dublin Foundling Hospital some years ago. Between the years 1781 and 1791, 19,420 children were received into that institution, and of these 17,420 died. This great mortality was partly owing to the use of improper food, but the effects of deficient ventilation in many hospitals have been dreadful.

Milk for Children.

IN dealing with a child, whose stomach is not capable of digesting readily, asses' milk will be the best food, because the amount of albuminous matter (which is always rather difficult to digest), contained in it is very small. If this cannot be obtained, the food should consist of two parts of thin barley-water or gruel, or arrow-root made with water, and one part of cow's milk sweetened with a little white sugar; this mixture, if properly made, is very thin.

The food of an infant should be adapted to its age and growth; while it is without teeth, it should live upon its mother's milk; when it has four teeth, it may be weaned and fed on milk, with a little bread; as the number of its teeth increases, the solid parts of its food should be increased; and when it has all its teeth, it may be allowed animal food, and not before; the quantity of its food should be attended to as much as the quality; children require no change of food to stimulate their appetites.

Gas Stoves without Chimneys.

NOTHING can be more dangerous than the stoves frequently advertised as "requiring no chimneys," but may, like an ornament, be placed in any part of a room. It is absolutely essential that the noxious products generated by the gas should be carried off by proper ventilation, and a person would be insane if he did not adopt these necessary precautions.

There is no alchemy like saving.

Self is a poor centre of a man's actions.

Silence adds grace and authority to a man's words.

Street Accidents.

"Let constant vigilance thy footsteps guide,
And wary circumspection guard thy side,
Then shalt thou walk unharm'd."

GAY's *Trivia*.

IT is supposed that nearly one hundred persons are killed yearly, or injured, in London, by street accidents. To lessen their number the following rules may be useful DIRECTIONS:—Cross streets at regular crossings, but not at dangerous places, where four or more ways meet. Do not go before or behind a cab, or before omnibuses and stages, particularly if racing. (Stat. 1 Geo. IV. cap. 4.) Beware of cabs or stages hovering near; they frequently start forward in a moment. Beware of side-streets and gateways. Wait patiently until you can cross safely—then step with *firm, flat feet*, for the composition now used to cement paving oozes out and is very greasy, and mud itself is slippery. In case of urgent *necessity*, remember, if you push at a horse coming upon you with your umbrella or stick, he will come forward, but if struck, he will shy; but *remember* also the poor brute *animal* is seldom to blame. If an accident happens, let the police and bystanders do their duty, watch the carriage, and take the number or address.

Hint to Sufferers from Cramp.

DR. HARE states, that this troublesome companion may be kept at a distance by tilting the bed, so that the feet and legs should be in a slightly depending position. The *modus operandi* was the keeping more blood in the legs.

Accidents to the Ear.

IN case of very little insects getting into the ear, they will be immediately killed by a few drops of olive-oil poured into the ear. If a child put a seed, a little pebble, or any small body of that nature, into the ear, it may often be extracted by syringing the passage strongly with warm water for some time.

Flattery is the cement of vice.

Physicians rarely take medicine, nor lawyers go to law.

If to speak be worth silver, it is worth gold to be silent.

Treatment of Sun-stroke.

A PERSON whose uncovered head is exposed to the rays of a vertical sun is not very unfrequently attacked with a sort of fit, which sometimes bears a resemblance to apoplexy; but at other times is more like an ordinary swoon. The proper remedy for an attack of this kind, during the primary fit, is to pour cold water over the head. This is the plan pursued by the natives of India, who are peculiarly exposed to the affection in question.

Old Times and New.

YEA, what privilege and gladness
Dwell with modern men and things;
Vainly waited for in sadness
By old prophets and old kings!
Children see what sages doubted,
Peasants know what patriarchs guess'd,
And the sword of truth has routed
Every lie from east to west.

Ancient wrongs are being righted,
Ancient rights lift up the head;
Savage realms and tribes benighted
Rise to life as from the dead;
Ignorance is out of season,
Wickedness is glad to hide;
Nothing stands but Truth and Reason,
Nothing falls but Sin and Pride."

Treatment in Cases of Fainting-fits.

A PERSON in this condition should be immediately placed on his back, and cold fresh air be as freely admitted as possible. This cannot be accomplished while the patient is surrounded by a crowd of persons; it should therefore be prevented. The face should be sprinkled with cold water, volatiles held to the nose; and as soon as the patient can swallow, recovery will be expedited by a glass of wine, or a few drops of ether, or of sal-volatile in water.

Birth is much, but breeding is more.

Gentility without ability is plain beggary.

Keep a thing seven years and you will find a use for it.

The Force of Imagination.

IMAGINATION plays sad antics even with the most sensible people among us. Buckland, the distinguished geologist, one day, gave a dinner, after dissecting a Mississippi alligator, having asked a good many of the most eminent of his classes to dine with him. His house and all his establishment were in good style and taste. His guests congregated. The dinner-table looked splendid with glass, china, and plate; and the meal commenced with excellent soup. "How do you like the soup?" asked the doctor, after having finished his own plate, addressing a famous gourmand of the day. "Very good, indeed," answered the other: "turtle, is it not? I only ask because I do not find any green fat." The doctor shook his head. "I think it has something of a musky taste," said another; "not unpleasant, but peculiar." "All alligators have," answered Buckland, "the cayman particularly so—the fellow whom I dissected this morning, and whom you have just been eating." There was a general rout of the whole guests. Every one turned pale. Half-a-dozen started up from the table. Two or three ran out of the room; and only those who had stout stomachs remained to the close of an excellent entertainment. "See what imagination is!" said Buckland. "If I had told them it was turtle, or terrapin, or bird-nest soup, salt-water amphibia, or fresh, or the gluten of a fish from the maw of a sea-bird, they would have pronounced it excellent, and their digestion been none the worse. Such is prejudice!" "But was it really an alligator?" asked a lady. "As good a calf's head as ever wore a coronet."

Falsehood.

WOE unto those that countenance a sin,
 Siding with vice that it may credit win,
 By their unhallowed vote,—that do benight
 The truth with error, putting dark for light,
 And light for dark; that call an evil good,
 And would by vice have virtue understood!

BISHOP KING.

Guilt is always jealous.

Never sign a writing until you have read it.

Jests, like sweetmeats, have often sour sauce.

Punishment of Children.

CORPORAL punishment might soon be suppressed, did parents make it their constant care to render it unnecessary. Begin with your child in the cradle, and govern him by gentle methods. Do not accustom him to be shaken or slapped every hour of the day. You can so train him that violence will never be necessary. It is possible to guide with a look, reward with a smile, and punish with a frown. Forbear threatening. It is probably even worse for a child's moral nature to be accustomed to constant threats of the rod, than to be occasionally punished with it. You are to excite a fear of doing wrong—not a fear of punishment. The former motive strengthens good principles; the latter, in its excess, always debilitates the character. Great harm is often done by punishing a child in presence of others. If whipping must be done, let it take place with the utmost privacy. This principle should be carried out in all methods of correction. Be sure a child understands your command before you rebuke him for disobedience.

Importance of Humility.

DR. FRANKLIN once received a very useful lesson from the excellent Dr. Cotton Mather, which he thus relates in a letter to his son:—"The last time I saw your father was in 1724. On taking my leave, he showed me a shorter way out of the house by a narrow passage, which was crossed by a beam overhead. We were still talking as I withdrew, he accompanying me behind, and I turning towards him, when he said hastily, 'Stoop, stoop!' I did not understand him until I felt my head hit against the beam. He was a man who never missed an opportunity of giving instruction; and upon this he said to me, 'You are young and have the world before you; learn to stoop as you go through it, and you will miss many hard thumps.' This advice thus beat into my head has frequently been of use to me, and I often think of it when I see pride mortified, and misfortunes brought upon people by their carrying their heads too high."

Play is good, while it is play.

He that cannot make sport should mar none.

Content the stomach, and the stomach will content you.

Likes and Dislikes of Children.

WHERE there is a large family (says Miss Martineau) with a plain common table, I should think the best way is for a child in ordinary health to take his chance. If there is enough of meat, potatoes, and bread to make a meal of, he may very well go without pudding, and should, on no account, have one provided expressly for himself; but he should be allowed to refuse it without remark. Where the mother can, without expense and too much inconvenience, consider the likings and dislikes of her children, in a silent way, her kindness will induce her to do it; but it must be in a quiet way, or she will lead them to think too much about the thing; and to suppose that she thinks it an important matter.

Locke's Opinion of the Gospel.

THE Gospel contains so perfect a body of ethics, that reason may be excused from the inquiry, since she may find man's duty clearer and easier in Revelation than in herself.

Advice of Rasselas to his Friends.

MY friends, I have seriously considered our manners and our prospects, and find that we have mistaken our own interest. The first years of man must make provision for the last. He that never reflects, never can be wise; perpetual levity must end in ignorance; and intemperance, though it may fire the spirits for an hour, will make life short or miserable. Let us consider that youth is of no long duration, and, that in maturer age, when the enchantments of fancy shall cease, and phantoms of delight dance no more about us, we shall have no comforts left but the esteem of wise men, and the means of doing good. Let us therefore stop whilst to stop is in our power; let us live as men who are some time to grow old, and to whom it will be the most dreadful of all evils to count their past years by follies, and to be reminded of their former luxuriance of health only by the maladies which riot has produced.

Those apt to promise are apt to forget.

He is not wise who is not wise for himself.

Industry is fortune's right hand; frugality her left.

Advice to Husband and Wife.

AN American author, Mr. Carey, gives the following excellent advice :—

1. Should differences arise between husband and wife, —the contest ought not to be,—as it unfortunately too frequently is, who shall display the most *spirit*, but who shall make the first advances, which ought to be met more than halfway. There is scarcely a more prolific source of unhappiness in the married state than this *spirit*, the legitimate offspring of odious pride and destitution of feeling.

2. Perhaps the whole art of happiness in the married state might be compressed into two maxims: "Bear and forbear;" and, "Let the husband treat his wife, and the wife her husband, with as much respect and attention as he would a strange lady, and she a strange gentleman."

3. I trust much caution is scarcely necessary against flirtations, well calculated to excite uneasiness, doubts, and suspicions, in the heart of the husband or wife of the party who indulges in them, and to give occasion to the censorious to make sinister observations; and it is unfortunately too true, that the suspicion of misconduct often produces fully as much scandal and evil as the reality.

It is a good rule of reason and common sense, that we should not only be, but appear to be, scrupulously correct in our conduct. And be it observed, that, however pure and innocent the purposes of the parties may be at the commencement, flirtation too often leads to disastrous results. It breaks down some of the guards that hedge round innocence. The parties in these cases are not inaptly compared to the moth fluttering around a lighted candle, unaware of the impending danger. It finally burns its wings, and is thus mutilated for life. "He that loveth the danger shall perish therein." "Lead us not into temptation" is a wise prayer; and while we pray not to be "led into temptation," we ought, most assuredly, not to lead ourselves into it. I know these remarks will be charged to the account of prudery; but, at the risk of that charge, I cannot withhold them.

He who would catch fish must not mind getting wet.

Never put off till to-morrow what you can do to-day.

It is hard for an empty bag to stand upright.

4. Avoid all reference to past differences of opinion or subjects of altercation, that have at a former day excited uneasiness. Remember the old story of the blackbird and the thrush. "I insist it was a blackbird." "But I insist it was a thrush," &c.

The preceding rules, if as closely followed as human imperfection will allow, can hardly fail to secure happiness.

The following advices of Julia de Roubigné to her daughter should be retained in the memory of every wife:—

"Sweetness of temper, affection to a husband, and attention to his interests, constitute the duties of a wife, and form the basis of matrimonial felicity. These are, indeed, the texts from which every rule for attaining this felicity is drawn. The charms of beauty and the brilliancy of wit, though they may captivate in the maid, will not long delight in the wife. They will shorten even their own transitory reign, if, as I have seen in many wives, they shine more for the attraction of everybody else than of their husbands. Let the pleasing of that person be a thought never absent from your conduct. If he love you as you would wish he should, he would bleed at heart should he suppose it for a moment withdrawn; if he do not, his pride will supply the place of love, and his resentment that of suffering.

"Never consider a trifle what may tend to please him. The greater articles of duty he will set down as his due, but the lesser attentions he will mark as favours; and, trust me, for I have experienced it, there is no feeling more delightful to one's self, than that of turning these little to so precious a use. Above all, let a wife beware of communicating to others any want of duty or tenderness she may think she has perceived in her husband. This untwists at once those delicate cords which preserve the unity of the marriage engagement. Its sacredness is broken for ever, if third parties are made witnesses of its failings or umpires of its disputes."

If the counsel be good, no matter who gave it.

Never trouble another for what you can do yourself.

We seldom repent of having eaten too little.

Cautions to keep in Memory.

AS most sudden deaths come by water, particular caution is therefore necessary in its vicinity. Lay loaded guns in safe places, and never imitate firing a gun in jest. Never sleep near charcoal; if drowsy at any work where charcoal fires are used, take the fresh air. Carefully rope trees before they are cut down, that in falling they do no injury. When benumbed with cold, beware of sleeping out-of-doors; rub yourself, if you have it in your power with snow, and do not hastily approach the fire. Beware of damp. Air vaults, by letting them remain open some time before you enter, or scattering powdered lime in them: where a lighted candle will not burn, animal life cannot exist; therefore before entering, try this simple experiment. Never leave saddle or draught-horses, while in use, by themselves; nor go immediately behind a led horse, as he is apt to kick. Ride not on foot-ways. Be wary of children, whether they are up or in bed, and particularly when they are near the fire. Leave nothing poisonous open or accessible, and never omit to write the word "poison" upon it.

Cheese.

IF it be required to communicate to a new cheese the flavour and appearance of an old one, it may be done by the insertion in the new cheese of portions of the old one containing blue mould. The little scoop which is made use of in taking samples of cheese is a ready means of performing the operation by interchanging ten or a dozen of the rolls which it extracts, and placing them so as to disseminate the germ of the blue mould all over the cheese. A new stilton cheese treated in this way, and well covered up from the air for a few weeks, becomes thoroughly impregnated with the mould, and generally with a flavour hardly to be distinguished from the old one. In selecting cheeses for this operation, choose them dry, and free from any unpleasant taste.

Take things always by the smooth handle.

Never spend your money before you have it.

Never buy what you do not want because it is cheap.

Tincture of Roses.

TAKE the petals of the common rose (*Centifoliae*) ; place them, without pressing them, in a bottle ; pour some good spirits of wine upon them ; close the bottle, and let it stand until it is required for use. This will keep for years, and yield a perfume little inferior to otto of roses ; a few drops will suffice to impregnate the atmosphere of a room with a delicious odour. Common vinegar is greatly improved by a very small quantity being added to it.

Prepared Ox-Gall.

MANY persons are deterred from the use of this extremely valuable article for cleaning carpets, and other woollen materials, removing grease, and assisting the action of soap, and brightening the colours, on account of its highly disagreeable smell. This may be effectually got rid of, and the article at all times at hand and ready for use, by adopting the following process :—Boil a quart of the gall, skimming it frequently ; then add an ounce of powdered alum, and let it remain on the fire until the alum and the gall are thoroughly blended. Then set it to cool, and when cold put the mixture into a bottle, which is to be slightly corked. Now proceed in exactly the same way with another quart of gall, using an ounce of common salt instead of alum. The two bottles must be kept in a place of moderate temperature for three months. A thick sediment will take place ; but as a good deal of yellow colouring matter will still remain, the contents of the two bottles, carefully poured off the sediment, are to be filtered separately, and then mixed in equal parts, a portion at a time. The colouring matter will now coagulate and be precipitated, leaving the gall perfectly pure and colourless. It is then to be again filtered, bottled, and kept for use. In this state it preserves all its detergent properties, is free from smell, and does not spoil by keeping. It must be well corked, however, and kept in a cool place. Silks, and all other articles of even the most delicate colours, may be cleaned with this prepared ox-gall.

Nothing is troublesome that we do willingly.

Pride costs us more than hunger, thirst, and cold.

To appear rich, we become poor.

A World of Beauty.

OH, what a world of beauty,
 A loving heart might plan,
 If man but did his duty,
 And helped his brother man !
 Then angel-guests would brighten
 The threshold with their wings,
 And love divine enlighten
 The old forgotten strings.

Care of the Teeth.

TOOTH-POWDER is absolutely essential to the perfect condition of the mouth, but, to be of any service, it must be used the first thing in the morning. The concretion which is deposited in the night upon the teeth, and which is the residuum of the evaporated saliva, hardens in the course of a few hours, and is irremovable by any dentifrice that would not at the same time destroy the teeth themselves. All acid preparations, such as cream of tartar, and all powders which consist of hard angular particles, and therefore act by trituration, should be avoided. On this last account, charcoal is particularly objectionable, in addition to which it lodges in the space formed by a fold of the gum and the neck of the tooth, where it presents a living circle, destructive of that roseate hue which is so characteristic of health and beauty. In regard to tooth-brushes, they should be elastic and moderately hard in texture, with the hairs somewhat apart, for if they are set too close, or are too soft, they form into a mass when used, and are unable to penetrate into the interstices. The tooth-brush should be employed freely, not only with a view to clean the teeth, but because nothing is more salutary to the gums than friction ; it keeps up a healthy circulation in their vessels, checks their tendency to excessive vascularity, and helps them to throw off any morbid matter.

Teeth with defective enamel, especially those where dark-coloured spots are visible, require to be indefatigably attended, and kept free of substances likely to induce decay. Vicissitudes of cold and heat are in-

When angry, count ten before you speak.

Things done in a passion are seldom right.

Frankness is the sign of a noble mind.

jurious to the teeth, therefore water used for cleansing the mouth should be only tepid ; in summer it is sufficiently so, in winter it requires to be made warm. Prepared chalk is, of all substances, the safest as a tooth-powder, and it may be applied at pleasure. Its use is particularly indicated when the saliva possesses acid qualities, or after partaking of sub-acid fruits. Tooth-picks are of service in removing extraneous matter, dislodging and preventing the formation of tartar between the teeth. The most useful are made of steel. The public should especially beware of quacks who prescribe for the teeth in every variety of form. Sometimes there are cures for the tooth-ache, as a lotion or tincture ; the effect of which is to destroy the nerve, and with the nerve the tooth itself as a matter of course ; or anodyne cements, which, if crammed into a carious tooth, suffering from inflammation, naturally give rise to abscess in the jaws ; or pastes, which are to prevent decay, and whiten the teeth, and which, if they do no harm, do no good, though it is not often that people escape from the effects of their credulity. Our advice is, go to a respectable dentist whenever it is requisite.

Charity.

PURE in her aim, and in her temper mild,
 Her wisdom seems the weakness of a child :
 She makes excuses where she might condemn ;
 Reviled by those that hate her, prays for them.
 Suspicion lurks not in her artless breast ;
 The worse suggested, she believes the best ;
 Not soon provok'd, however stung and teas'd,
 And, if perhaps made angry, soon appeas'd ;
 She rather waves than will dispute her right,
 And injured, makes forgiveness her delight.

COWPER.

Precautions in rendering Assistance in Cases of Accident.

A VOID (observes Professor Faraday) all unnecessary action, for activity exhausts the air in the

The wilful never want woe.

Where passion ends repentance begins.

Write with the learned, but speak with the vulgar.

A poor spirit is worse than a poor purse.

lungs of its vital principle more quietly, and charges it with bad matter. Go collectedly, coolly, and quickly to the spot where help is required; do no more than is needful, leaving what can be done by those who are in a safe atmosphere (as the hauling up of a senseless body, for example), for them to do. Take the precautions usual in cases of danger, in *addition* to the one now recommended. Thus, in a case of choke-damp, as in a brewer's vat, hold the head as high as may be; in a case of fire in a room, keep it as low down as possible. If a rope is at hand, by all means let it be fastened to the person who is *giving* help, that he may be succoured if he should venture too far. It is astonishing how many deaths happen in succession in cess-pools and similar cases, for want of this precaution. It is hardly needful to say do not try to breathe the air of the place where help is required. Yet many persons fall in consequence of the neglect of this precaution. If the temptation to breathe be at all given way to, the *necessity* increases, and the helper himself is greatly endangered. Resist the tendency and retreat in time. Be careful to commence giving aid with the lungs *full* of air, not *empty*. It may seem folly to urge this precaution, but I have found so many persons who, on trying the experiment on which the whole is based, have concluded the preparation by closing the mouth and nostrils *after an expiration*, that I am sure the precaution requires to be borne in mind. It should be remembered that if a person inspire deeply, he will be able immediately after to hold breath for a time, varying with his health, and also very much with the state of exertion or repose in which he may be at the instant. A man during an active walk may not be able to cease from breathing for more than half a minute, who, after a period of rest in a chair or in bed, may refrain for a minute, or a minute and a half, or even two minutes. But if that person will prepare himself by breathing in a manner deep, hard, and quick (as he would naturally do after running), and, ceasing that operation with his lungs full of air, then hold his breath as long as he is able, he will find that the time during which he can remain without breathing will be double, or even more than double the former, other circumstances being the same. This

Music is good or bad as the end to which it tendeth.

Work ill done must be twice done.

effect may be rendered exceedingly valuable. There are many occasions on which a person who can hold breath for a minute or two might save the life of another. If in a brewer's fermenting vat, or an opened cesspool, one man sinks senseless and helpless from breathing the unsuspected noxious atmosphere within, another man of cool mind would by means of this mode of preparation, which requires nothing but what is always at hand, have abundant time, in most cases, to descend by the ladder or the bucket, and rescue the sufferer without any risk on his own part. If a chamber were on fire, the difference in the help which could be given to any one within it by a person thus prepared, and another who goes in, perhaps, with lungs partially exhausted, and who, if he inhale any portion of the empyreumatic vapours of the atmosphere, is stimulated to inspire more rapidly, and seek fresh air, is obvious. In cases of drowning, also, a diver may find his powers greatly increased by adopting these precautions.

Creation made for all.

IS it for thee the lark ascends and sings ?
 Joy tunes his voice, joy elevates his wings :
 Is it for thee the linnet pours his throat,
 Loves of his own, and rapture swell the note ?
 Know, Nature's children all divide her care,
 The fur that warms a monarch, warm'd a bear.
 While man exclaims,—“ See all things for my use.”
 “ See man for mine ! ” replies a pamper'd goose ;
 And just as short of reason he must fall,
 Who thinks all made for one, not one for all.

POPE.

A Happy Home.

LORD PALMERSTON in one of his admirable speeches observed, “ That although it has been the pleasure of our Maker in a world which is a world of trial and transition, and not the ultimate destiny of mankind—though it has been the pleasure of our Maker to subject a great portion of the human race to trials and privations to enable them to qualify themselves for the

Deeds are fruits ; words are but leaves.

He whose nature nightly sorts with fools may himself be suspected.

Nobility seldom springs from virtue ; virtue more seldom from nobility.

Danger should be feared when distant, and braved when present.

future state that awaits them, yet Providence has not been niggardly in the distribution of those qualities which are calculated to secure happiness to those who conduct themselves well upon this earth. All the good qualities of human nature, the qualities of mind and of heart, everything that tends to dignify our species, and to enable men to distinguish themselves in the condition in which they have been placed,—these qualities have been sown broad-cast over the human race, and are as abundantly dispersed among the humblest classes, as they are among the highest classes in the land. The first thing parents have to do is to see that their children are well and properly educated; that they are early instructed, not merely in book-learning, in reading and writing, and acquirements of that kind, but instructed in the precepts which indicate the difference between right and wrong, and that they are taught the principles of religion, and their duty towards God and man. Now, the way in which that can be done is by the father and mother building up their household upon that which is the foundation of all excellence in social life—I mean a happy home. No home can be happy if the husband be not a kind and affectionate husband, and a good father to his children."

Paying Debts.

"**W**HAT a pleasure it is to pay one's debts!" I remember (says Shenstone) hearing Sir Thomas Lyttleton make this observation. It seems to flow from a combination of circumstances, each of which is productive of pleasure. In the first place, it removes that uneasiness which a true spirit feels from dependence and obligation. It affords pleasure to the creditor, and therefore gratifies our social affection. It promotes that future confidence which is so very interesting to an honest mind; it opens a prospect of being readily supplied with what we want on future occasions; it leaves a consciousness of our own virtue, and it is a measure we know to be right, both in point of justice and of sound economy. Finally, it is a main support of simple reputation.

If an action be doubtful abstain from it.

Dissimulation invites dissimulation.

Shopping.

MRS. PARKES says truly, the practice, which almost from time immemorial has chiefly characterised the female sex as frivolous and even selfish, is that of entering a shop, more for the purpose of looking over every material displayed there, than of making necessary purchases. To ask for a variety of articles, to criticise, abuse, or praise them, and then to quit the shop, without purchasing anything, seems to be the delight of many women, while it is considered the privilege of all. Disgraceful custom ! which establishes a kind of right to treat those with meanness and selfishness who dare not offend us ; which hinges on a principle of impertinence, the slightest shadow of which would not be endured by our equals, and which tempts many a female purchaser into extravagance, wearies the patience of the tradesman, and excites contempt and disapprobation almost universal.

Equally reprehensible is the practice of bargaining, as it is a means of corruption to the shopkeeper. I make it a rule never to employ a tradesman who will take a second price ; a man who does so, confesses that he has asked more than the just value of his goods. I fancy, too, that a bargain seldom answers ; it is far from being economical to buy things the value of which is depreciated ; and the remark of a friend of mine with regard to cheap goods is just ; " I cannot afford," says he, " to purchase them."

Brevity.

NONE valued this important quality in man or woman more highly than Dr. Abernethy. A woman having burnt her hand called at his house. Showing him her hand she said, " A burn ;" " A poultice," quietly returned the learned doctor. The next day the woman returned and said, " Better." " Continue the poultice." In a week she made her last call, and her speech was lengthened to three monosyllables,— " Well: your fee ?" " Nothing," answered the pleased physician ; " you are the most sensible woman I ever saw."

Have wide ears and a short tongue.

A man's life is an appendix to his heart.

Make a slow answer to a hasty question.

Providence.

WHAT if the foot ordain'd the dust to tread,
 Or hand to toil, aspire to be the head ?
 What if the head, the eye, or ear repined
 To serve, mere engines to the ruling mind ?
 Just as absurd for any part to claim
 To be another in this general frame ;
 Just as absurd to mourn the task or pains
 The great directing Mind of all ordains.

POPE.

Punctuality.

IF (says Mr. Walker) you desire to enjoy life, avoid unpunctual people. They impede business and poison pleasure. Make it your own rule not only to be punctual, but a little beforehand. Such a habit secures a composure, which is essential to happiness. For want of it, many people live in a constant fever, and put all about them into a fever too.

Clear the Way.

MEN of thought, be up and stirring
 Night and day :
 Sow the seed, withdraw the curtain,
 Clear the way !
 Men of action, aid and cheer them
 As ye may !
 Aid the dawning, tongue and pen—
 Aid it, hopes of honest men ;
 Aid it, paper—aid it, type—
 Aid it, for the hour is ripe ;
 And our earnest must not slacken
 Into play.
 Men of thought, and men of action,
 Clear the way !

The tongue of experience has most truth.

Willows are weak, but they bind other wood.

The table robs more than the thief.

The Prime Rules of Life.

TRUST in God ; distrust thyself ; act with propriety ; pray with sincerity ; use small things, and shun the great ; hear much, say little ; be silent as to things hidden ; learn to spare an inferior, to yield to a superior, and to bear an equal.

Family Dissensions.

IN all troubled families there ever arises some servant or gentle friend, powerful with both sides, who may moderate and compound the differences of the family ; to whom, in that respect, the whole house and the master himself are beholden. This servant, if he aim only at his own ends, cherishes and aggravates the divisions of a family ; but if he be sincerely faithful and upright, he is indeed valuable.

Delays.

SHUN delays, they breed remorse ;
 Take thy time while time is lent thee ;
 Creeping snails have weakest force—
 Fly their fault lest thou repent thee ;
 Good is best when sooner wrought,
 Ling'ring labours come to nought.

Hoist up sail while gale doth last,
 Tide and wind stay no man's pleasure !
 Seek not time, when time is past,
 Sober speed is wisdom's leisure.
 After-wits are dearly bought,
 Let thy fore-wit guide thy thought.

Time wears all his locks before,
 Take thou hold upon his forehead ;
 When he flees he turns no more,
 And behind his scalp is naked.
 Works adjourned have many stays,
 Long demurs breed new delays.

SOUTHWELL, 1595.

Many estates are spent in the getting.

Who looks not before finds himself behind.

Ere fancy you consult, consult your purse.

Reputation.

WHO worship Fame commit idolatry ;
 Make men their god, fortune and time their worth ;
 Form, but reform not, mere hypocrisy ;
 By shadows, only shadows bringing forth ;
 Which must, as blossoms, fade ere true fruit springs ;
 Like voice and echo joined, yet diverse things."

LORD BROOKE.

Good Breeding.

PERHAPS (observes Fielding) the summary of good breeding may be reduced to this rule:—"Behave unto all men, as you would they should behave unto you." This will most certainly oblige us to treat all mankind with the utmost civility and respect, there being nothing that we desire more than to be treated so by them. The ambitious, the covetous, the proud, the vain, the angry, the debauchee, the glutton, are all lost in the character of the well-bred man ; or if nature should now and then peep forth, she withdraws in an instant, and doth not show enough of herself to become ridiculous.

A gentleman (says Mr. Walker in the "Original") is a Christian in spirit that will take a polish. The rest are but plated goods ; and however excellent their fashion, rub them more or less, the base metal will appear through.

The advice of Polonius to his son is worth remembering :—

"Give thy thoughts no tongue,
 Nor any unproportioned thought his act.
 Be thou familiar, but by no means vulgar.
 The friends thou hast, and their adoption tried,
 Grapple them to thy soul with hooks of steel ;
 But do not dull thy palm with entertainment
 Of each new-hatched, unfledg'd comrade. Beware
 Of entrance into quarrel : but, being in,
 Bear it, that the opposer may beware of thee.
 Give every man thine ear, but few thy voice ;
 Take each man's censure, but reserve thy judgment.
 Costly thy habit as thy purse can buy,
 But not expressed in fancy ; rich, not gaudy ;
 For the apparel oft proclaims the man.
 Neither a borrower nor a lender be ;
 For loan oft loses both itself and friend,
 And borrowing dulls the edge of husbandry.
 This above all—to thine own self be true,
 And it must follow, as the night the day,
 Thou canst not then be false to any man."

Who dainties love, shall beggars prove.

Little boats should keep near shore.

Vessels large may venture more.

Golden Rule.

IN reflections on the absent, go no farther than you would go if they were present. "I resolve," says Bishop Beveridge, "never to speak of a man's virtues before his face, nor of his faults behind his back." A golden rule, the observation of which would, at one stroke, banish from the earth flattery and defamation.

Tale-Bearers.

LOOK into large families, and you will find some one false, paltry tale-bearer, who, by carrying stories from one to another, shall inflame the minds, and decompose the quiet of the whole family. And from families pass to towns or cities; and two or three pragmatical, intriguing, meddling fellows (men of business, some call them), by the venom of their false tongues, shall set the whole neighbourhood together by the ears. Where men practise falsehood, there will be perpetual suspicions, evil surmisings, doubts, and jealousies, which, by souring the minds of men, are the bane and pest of society. For society is built upon trust, and trust upon the confidence that men have of one another's integrity.

Rules for Diet.

DR. TURNBULL says, that for persons of weak stomach, animal is more digestible than vegetable food. At the same time, a great excess of animal food is unwholesome: people, therefore, with a good digestion, who make hearty meals, ought to eat a considerable quantity of vegetable matter, for if they were to satisfy their hunger with animal food alone, they would take more of it than is desirable. Those who have a poor appetite should allow themselves more animal food, in proportion, than vegetable. The French plan of eating enormous quantities of bread at dinner is unwholesome for most people, unless they take very violent exercise; a very liberal allowance of bread is always apt to induce headache and a confined state of the bowels. A great many disorders of the digestive

When drink enters, wisdom departs.

Words may pass, but blows fall heavy.

Write injuries in dust, but kindnesses in marble.

The truth may be blamed, but not shamed.

organs result from not knowing how to regulate the proportions of animal and vegetable food which should be taken. Children, in consequence of the keenness of their appetites, require a good deal of food ; and, therefore, if fed principally on animal substances, they would eat too much of them, and grossness would be induced. Dieticians often exclaim against the practice of giving children pies and puddings, which they consider are invariably unwholesome. This is a mistake : if a child is in a very robust state of health, and can easily digest moderate quantities of those articles of diet, they are very proper for him, because they prevent him from eating too much meat, and it is clear that whenever a very large quantity of food is taken, Nature intended that it should not be of too concentrated a description. The great mischief produced by pies and puddings proceeds from their being given, because they are considered light food, to children whose digestive powers are weak ; and in these cases they give rise to all the bad consequences of indigestion. The best plan for restoring the powers of the digestive organs in weakly children is to give them a liberal allowance of animal food, and prevent their having much vegetable matter.

We find in the "Original :"—This is the golden rule—Content the stomach, and the stomach will content you. But it is often no easy matter to know how, for, like a spoiled child or a wayward wife, it does not always know its own wants. It will cry for food, when it wants none—will not say when it has had enough, and then be indignant for being indulged—will crave what it ought to reject, and reject what it ought to desire ; but all this is because you have allowed it to form bad habits, and then you ignorantly lay upon poor nature your own folly. Rational discipline is necessary for the stomach, and if you have not the sense or the resolution to enforce it, you must take the consequences ; but do not lay the fault upon another, and especially one generally so kind, if you would but follow her simple dictates. "I am always obliged to breakfast before I rise—my constitution requires it," drawls out some fair votary of fashion. "Unless I take a bottle of port after dinner," cries the pampered

Wifful waste makes woeful want.

Manners often make fortunes.

merchant, "I am never well." "Without my brandy-and-water before I go to bed, I cannot sleep a wink," says the comfortable shop-keeper; and all suppose they are following nature; but sooner or later the offended goddess sends her avenging ministers in the shape of vapours, gout, or dropsy.

Having long gone wrong, you must get right by degrees: there is no summary process. Medicine may assist or give temporary relief, but you have a habit to alter—a tendency to change—from a tendency to being ill to a tendency to being well. First study to acquire a composure of mind and body. Avoid agitation or hurry of one or the other.

"I recommend," adds Mr. Walker, "persons, before taking anything, either solid or liquid, to perform their ablutions, and to dress completely, and to breathe for a time the freshest air they can find, either in-doors or out. I also recommend them to engage themselves in some little employment agreeable to the mind, so as not to breakfast till at least an hour and a half or two hours after rising. This enables the stomach to dis-emburden itself and prepare for a fresh supply, and gives it a vigorous tone. I am aware that those who have weak digestions, either constitutionally or from bad habits, would suffer great inconvenience from following my rules all at once. I remember the faintness and painful cravings I used to feel after rising, and, like others, I mistook weakness for appetite; but appetite is a very different thing—a pleasurable sensation of keenness. Appetite supplied with food produces digestion—not so faintness or craving. The best means—and I always found it effectual—of removing the latter sensations, is to take a little spirit of lavender dropped upon a lump of sugar. After that a wholesome appetite may be waited for without inconvenience, and by degrees a healthy habit will be formed. It is to be observed, that nothing produces a faintness or craving of the stomach in the morning more surely than overloading it overnight, or any unpleasant affection of the mind, which stops digestion—and this shows the impropriety of adding more food as a palliative."

Keep no more cats than will catch mice.

A happy heart makes a blooming visage.

Every man has need to be forgiven.

Earth and Heaven.

WE need not bid, for cloister'd cell,
 Our neighbour and our work farewell :
 The trivial round, the common task,
 May furnish all we ought to ask,—
 Room to deny ourselves, a road
 To bring us, daily, nearer God.

Hiring and Dismissing Servants.

IT is best for all parties that the term of servants, being hired, should be only one month at a time, with one month's notice for separation. Many servants remain years in a place, though hired on the understanding that it is only from month to month. A servant dismissed for improper conduct is not entitled to a month's warning or a month's wages. It may be difficult accurately to define the nature of the improper conduct which would justify the discharge without the month's wages ; but there can be no doubt that insolence, disobedience of legitimate orders, drunkenness, dishonesty, immoral conduct, gross neglect of duty, or violent temper, would disentitle a servant to such claim. On the other hand, occasional carelessness, forgetfulness, inattention, untidiness, ill-health, indifferent or disobliging temper, would not subject a servant to forfeiture of wages.

Counsels for the Young.

NEVER be cast down by trifles ; if a spider break his web twenty times, twenty times will he mend it again. Make up your minds to do a thing, and you will do it. Fear not if troubles come upon you ; if the sun is going down, look up to the stars ; if the earth is dark, keep your eye on heaven. With God's promises, a man or a child may be cheerful. Mind what you run after : never be content with a bubble that will burst, firewood that will end in smoke and darkness. Fight hard against a hasty temper ; anger will come, but resist it strongly : a fit of passion may give you cause to mourn all the days of your life. Never revenge an in-

A good layer-up is a good layer-out.

A creaking door hangs long on the hinges.

A fault confessed is half redressed.

jury; if you have an enemy act kindly to him, and make him your friend: you may not win him at once, but try again: let one kindness be followed by another, until you have compassed your end. Whatever you do, do it willingly. He that pulls off his coat cheerfully, strips up his sleeves in earnest, and sings while he works, will be the man of action.

Self-Examination.

LET not soft slumber close my eyes,
 Ere I have recollected thrice
 The train of actions through the day.
 Where have my feet mark'd out their way?
 What have I learnt where'er I've been,
 From all I've heard, from all I've seen?
 What know I more that's worth the knowing?
 What have I done that's worth the doing?
 What have I sought that I should shun?
 What duties have I left undone?
 Or into what new follies run?
 These self-inquiries are the road
 That leads to virtue and to God.

From the Greek of Pythagoras.

Suggestions to Householders.

MR. CROSS, in "Hints on House Property," gives the results of his experience in recommendations, which will be found useful to both landlord and tenant.

To Remedy Draughts in Houses.

THE remedy hitherto employed to make good the defects occasioned by the shrinking of woodwork, as in the flooring, &c., has been to let in between the boards, slips of wood or putty, but neither can be depended upon, as after a little time they drop through, nor are they waterproof. Gutta-percha is preferable to either, and the mode of application is this:—Warm the gutta-percha until it becomes glutinous, then, with a heated iron or chisel, point all along the joint, and it will be found that the adhesiveness of the gutta-percha, after two or three minutes, is such, that the whole sur-

A good maxim is never out of season.

A false balance is an abomination to the Lord.

A gentleman without a living is like a pudding without suet.

face becomes as one board ; the great merit being, that there is no necessity to use any solution or cement to make the gutta-percha unite to the woodwork, as is the case when applied to leather and other purposes ; but there exists such an affinity between the two, that, for example, supposing a hole six inches square were cut in the flooring, with nothing underneath for support, and to make good the same, let in a new piece, well set all around in gutta-percha, so uniting to the boards, as to enable that portion to bear as great a weight as any other part. What has been said of making good the joints of the flooring will apply to all defective joiner's-work,—as a split in the panels of a door, or making good between the skirting and flooring, &c.; the great feature being, that gutta-percha not only fills up the space, but at the same time hardens and unites the whole.

To remove Damp.

THE evil may be greatly checked by coating the external surface of the walls of houses with strong cement ; but the only real remedy is by leaving an open space all round the building, through which the air may freely circulate, which is easily effected by erecting a smaller or screen wall, leaving a space between the two, forming a small area : by adopting this precaution, neither wet nor rain can reach the main wall. There are other simple precautions which are most useful and efficacious, as in all cases to form a bed of concrete (a mixture of lime and gravel) under the walls ; and, further, when the walls are carried up as high as the level of the ground, it has been found to be of great utility to introduce a layer of slate, laid in cement, which will prevent the damp from rising any higher.

Papering of Damp Walls.

THE following observations, in "Household Words," on this subject, are useful. The omnipresent gutta-percha is among the paper-hangings already, and presents itself in the form of a consolation to the owners of houses, which are cursed with a damp wall or corner. As for a generally damp house, one has only to quit it,

Let sleeping dogs lie.

Much would have more, and lost all.

Passion is ever the enemy of truth.

if one has ever been foolish enough to go into it. But there are many excellent houses with some faulty bit—some corner or projection—which got wet in building, and never could be got dry; and here comes in the gutta-percha paper most consolingly. It confines the damp within the wall at least, and compels it to evaporate externally, if at all;—it thoroughly intercepts, if it cannot cure, a great evil, and will, no doubt, be in extensive use, till all men are too sensible to have a damp corner in a house.

Size for attaching Paper to Walls.

NONE but the best size should be used for attaching the paper to walls. Many a fever has been caused by the horrible nuisance of corrupt size used in paper-hanging the bedrooms. The nausea which a sleeper, in such a case, is aware of, on waking in the morning, should be a warning needing no repetition. Down should come the paper at any cost or inconvenience.

Ventilation of Bedrooms.

LOUDON observes that there should be a constant circulation of fresh air in bedrooms. The lungs must respire during sleep as well as at any other time, and it is of great importance to have, when asleep, as pure air as possible. It is calculated that each person neutralises the vivifying principle of a gallon of air in one minute. What havoc, therefore, must an individual make upon the pure air of his bedroom, who sleeps in a bed closed snugly by curtains, with the doors and windows shut, and, perchance, a chimney-board into the bargain! Our health and comfort depend more upon these apparently trivial points than most people are aware of.

A simple method to ventilate bedrooms would be to insert over all the bedroom-doors fanlights hung on centres, to open and close at pleasure; for as these doors generally open on to the landing, which is itself mostly open to the top, all the bad air might be conveyed away through the trap-door, or by windows in the stairs, and produce none of the draughts that might exist by making any aperture in the room itself.

Ever spare and ever have.

Half a loaf is better than no bread.

A willing mind makes a light foot.

Aspect of Windows.

AN ancient writer strongly recommends that notice should be taken of what winds the windows open to. "Because," he says, "those windows, which open to a healthy air, may be large every way; but such as are exposed to winds not altogether healthy, ought to be proportioned as to admit only what light is requisite, and no larger than necessary for that purpose. From whatever side we take in light, we ought to make such an opening as will ensure the people within a view of the sky, and the top of the window should never be too low, as we should see the light with our eyes, and not with our heels." The top, therefore, of the window should be as near to the ceiling of the apartment as possible, as heated air has always a tendency to ascend; and all windows should be of a sufficient size to thoroughly light the room.

Smoky Chimneys.

SOMETIMES a little attention will obviate the evils of smoky chimneys; for instance, the bringing forward of the grate an inch or more; or, again, perhaps just the contrary,—the setting of the grate a little further back. Also, much depends sometimes on the size of the opening in the room, which, if too small, prevents the smoke from freely ascending; and if too large, the same effect is produced by any sudden draught, as opening of doors, &c. In all apartments the position of the chimney is of great importance as regards comfort: it should not be in a corner, nor project too far into a room, nor be put into a place where it will be affected by the draught from the windows and doors. The shaft should be carried up nearly perpendicular, and continued some height above the building, not only as a precaution against fire, but also because this is a preventive against the smoke being driven down the flue again.

Locks and Fastenings to Houses.

PURCHASERS of unfinished, ready-built houses, should agree with the builder that they should themselves purchase all the locks, fastenings, stoves,

An idle brain is the devil's workshop.

Depend not on fortune, but on conduct.

The hasty hand catches frogs for fish.

marble mantel-pieces, &c., but that the builder should fix the whole at the price agreed upon as the purchase-money, otherwise an inferior and cheap description of goods will be used.

Water.

MOST small houses have but one cistern, and upon this only has the house to depend for a constant supply; and this cistern, often situate in the kitchen, which frequently serves as a sitting-room for one family, and as cookshop and washhouse for the house: it surely will not require one to arise from the dead, to say the water will be lukewarm and unfit to drink. In selecting a place, outside the premises, for a cistern, great attention should be given to a shaded corner; for the cooler the situation, the more pleasant, pure, and refreshing, will be the water. Besides, it is well known that water exposed to the sun's rays will corrupt; therefore, the cooler and the more shady the situation, the longer the water will remain pure.

Hints to Purchasers of House Property.

MR. CROSS does not advise the purchase of any leasehold land or house upon which the ground-rent is payable in respect of premises adjoining, and which may be held by another party, and is chargeable on any one of the houses in case of the default of any particular one; or, worse still, when forfeiture of lease may be taken advantage of by the freeholder, by the act of an adjoining owner. Be careful not to omit the payment of the ground-rent when due; but most of all, the insurance clause, which is the most important to be observed; the neglect of which may be taken advantage of by the lessor, and the lease thereby become forfeited. If by the covenant the lessee is bound to insure, and any particular office is named, it is essential the assurance should, if possible, be effected in that office; and in case of a refusal, it is highly desirable that a written memorandum to that effect should be had from the office in question.

On the purchase of property by private contract the

Better to go to bed supperless than to rise in debt.

Provide for the worst, the best will save itself.

The ass that brays most eats least.

purchaser should be careful what the agreement to purchase contains, Mr. Ward says, "It should state the name and description of the buyer and seller, and an accurate description of the property bought, the sum which is to be paid for it, the time when the vendor is to deliver up the abstract of his title, the time within which the purchaser must deliver his objections to the title, if he have any, and the time and place that the purchase is to be completed. Beyond this a purchaser should be careful about what he signs, as he cannot rescind his agreement after it is signed by him or his agent."

Dilapidations.

DILAPIDATIONS can be subdivided, according to the covenants of the lease, as repairs which may be necessary to restore defects, or the replacing of that which has been broken away,—as broken floors, damaged paper, which may be termed substantial and necessary repairs; while the reinstatements comprise the restoration of things taken away, or rendered useless by fracture,—as broken glass, sash-lines, keys, hearths; it being held in law, "that he who commits damage or waste should make restitution." In some cases, the tenant's liability does not only extend to dilapidations and their cost of reinstatement, but, under certain circumstances, damages may be given beyond the amount of the actual cost of repair; as in a case whereby the landlord loses rent through the premises not having been repaired during the tenant's term, the jury were directed to give the landlord compensation for the loss of the use of the premises while they were undergoing repair, in addition to the actual cost of the work. In every point of view, it is an imperative act of justice to himself for the future tenant to make a stipulation, that, previous to the commencement of his tenancy, the premises shall be surveyed, so that, if then there can be considered anything unsound or defective on the premises, it may be made good before the agreement is concluded, otherwise the tenant will find that he must make good all, whatever was the state of repair when he took possession of the premises.

Lord Chief Justice Tindal defined a tenant's obliga-

One eye-witness is better than ten hearsays.

'Tis the second blow that makes the fray.

Read not books alone, but men.

tion to repair thus :—"Where an old building is let, and the tenant enters into a covenant to repair, it is not meant that the old building is to be restored in a renewed form at the expiration of his tenancy, or that the premises shall be of greater value than they were at the commencement. What the natural operation of time flowing on effects, and all that the elements bring about in diminishing the value, which, so far as it results from time and nature, constitutes a loss, falls upon the landlord. But then the tenant must be careful that the tenement do not suffer more than time and nature would effect. He is bound to keep the premises in nearly the same state of repair as when demised."

In a lease without any special covenant to repair, the tenant is still liable to keep the premises in repair.

Obligations of Tenants.

AN annual tenant's obligation has been thus laid down by Lord Kenyon :—"A tenant from year to year, is bound to commit no waste, and to make, from time to time, fair and tenantable repairs, such as windows and doors that be injured during the tenancy." Lord Tenterden decided that an annual tenant was bound to keep the premises wind and water-tight. A yearly tenant, therefore, is bound only to tenantable or necessary, not to substantial or lasting repairs, like a tenant for years ; in short, his liability is to keep the premises fit for occupation ; the law being a covenant on their part to use the premises in a tenant-like manner, and commit no waste. He is liable to repair all such defects as are not the result of fair wear and tear.

A tenant with no agreement as to duration of his tenancy cannot be bound to perform any repairs ; the nature of his tenancy being so weak that he cannot be expected to do any repairs, as his landlord might immediately determine his tenancy, and reap the advantages to be derived from the outlay. Besides, if the house requires any repairs being done, the landlord can enter and take any steps necessary for its preservation, but not so with premises let for a definite time.

In a tenancy of this description, a notice to quit is

Never apologise for a long letter; you only add to its length.

He that strives to please everybody pleases nobody.

Never trust to a broken staff.

necessary, in order to determine the relation of landlord and tenant. Of course, the notice must depend upon the terms of the letting on which the premises were taken, which generally requires the same period to be allowed in the notice as the one for which the premises were originally taken ; as, a week's notice for a weekly tenancy, a month's notice for a monthly tenancy, and so on ; but in all cases where the tenancy may be determined by a shorter notice than the period taken,—as in the case of a yearly tenancy, when a six months' notice is sufficient,—the notice must expire on the same quarter-day as the tenancy commenced. Notice may be given by word of mouth, unless it is expressly stipulated that it should be given in writing.

Tenants' Fixtures.

THESE consist of fittings that tend to the comfort and convenience of a tenant, as bells, blinds, book-cases, shelves, stoves, and other ornamental additions, as gilt mouldings and picture-ropes. Conservatories, green-houses, verandahs, and such-like buildings, may not be removed, but must be left for the benefit of the landlord, and in tenantable repair. It is much the best plan for the security of a tenant to have a special covenant of exemption against the green-house becoming a landlord's fixture, or that a tenant should be careful to avoid attaching it to the freehold, by constructing it on a brick foundation, or in any way let into the ground. With regard to verandahs, Lord Tenterden decided that a tenant cannot remove a verandah erected during the term of tenancy, the lower part of which was affixed to the ground by means of posts.

Insurance.

CARE should be taken that the insurance covers in value the object insured. After an insurance is effected, any alteration, such as the addition of a stove or furnace, or the introduction of gas, &c. ; in fact, anything that may materially affect the risk, should be declared. When a loss occurs by fire, the insured is bound to give immediate notice of the loss, with as many particulars as the case will admit.

One story is good till another is told.

Fall not out with a friend for a trifle.

A burden which one chooses is not felt.

Contracts.

ALL contracts ought to be stamped, as under the stamp laws no document, on which a stamp duty is imposed, can be admitted as evidence, unless it is properly stamped. If a workman is employed under contract at a fixed price, and if in the course of execution of the works the builder, with the consent of the employer, executes a portion different to the manner described in the contract, the builder cannot recover anything extra for such alteration, unless he distinctly informed his employer that such alteration would cause additional expense.

Cure for Warts.

A CORRESPONDENT of the "Cottage Gardener" says, "There is a very useful property belonging to the *Ranunculus arvens*, or common crowfoot, which I do not think is generally known. On breaking the stalk of the growing plant in two, a drop of milky juice will be observed to hang on the upper part of the stem; if this is allowed to drop on the wart, so that it be well saturated with the juice, in about three or four dressings the warts will die, and may be picked off with the fingers."

One Meal a-Day.

IT was an observation by Dr. Hunter, that most people live above *par*, and this circumstance rendered the generality of diseases and accidents more difficult of cure. A celebrated physician, inquiring of a person who was remarkable for the health he enjoyed at an advanced period of his life, what regimen he followed, was answered, "I make but one meal a-day." "Keep your secret," said the physician; "if you publish it to the world, you will utterly ruin the practice of medicine."

Papering Rooms.

LIGHT-COLOURED papers are best for bed-rooms; they look clean and cheerful. Nothing that is dark and dingy should be chosen where light and cleanliness

We are not so soon healed as hurt.

Love thy neighbour, but pull not down thy hedge.

Let every man mend one, and then the work will be soon done.

are so essential ; and dark papers sometimes give the idea of dirt, when it is far from being the case. Closets, especially where dresses hang, should be papered ; the lighter the colour of the paper, the more easily are dust and cobwebs detected. In unpapered closets chinks harbour spiders, and bits of mortar break away ; but when papered, they are neat and clean.

Cleaning Silks, &c.

A METHOD of cleaning silks, stuffs, moreens, printed cottons, or chintzes, by the use of potatoes, without injuring the colours, is described in the "Transactions of the Society of Arts" for 1805. Grate raw potatoes, washed and peeled, to a fine pulp ; add water in the proportion of a pint to a pound of potatoes ; pass the liquid through a coarse sieve into a vessel, where it is to remain till the fine white starch subsides to the bottom. Pour off the clear mucilaginous liquor, which is to be used for cleaning. To perform this process, spread the article to be cleaned upon a table, which should be covered with a linen cloth ; dip a sponge in the potato liquor, and apply it till the dirt is removed ; then wash the cloth in clean water several times. The coarse pulp which does not pass the sieve will do to clean worsted curtains, carpets, or other coarse furniture ; and the white starch that subsides may be employed for starching, or instead of arrow-root. Some use the whole of the pulp and water for the scouring ; and others slice the potatoes, and rub them on the stuff as if it was soap.

A good word is as soon said as an ill one.

Never quit certainty for hope.

To-Day and To-Morrow.

DON'T tell me of to-morrow,
 There is much to do to-day,
 That can never be accomplish'd,
 If we throw the hours away !
 Every moment has its duty,
 Who the future can foretell ?
 Then why defer to-morrow
 What to-day can do as well ?

Put a stout heart to a steep hill.

Religion of Common Life.

CARRY (says the Rev. Mr. Caird) religion into common life, and your life will be rendered useful as well as noble. There are many men who listen incredulously to the high-toned exhortations of the pulpit; the religious life there depicted is much too seraphic, they think, for this plain and prosaic world of ours. Show these men that the picture is not a fancy one. Make it a reality. Bring religion down from the clouds. Apply to it the infallible test of experiment, and by suffusing your daily actions with holy principles, prove that love to God, superiority to worldly pleasure, spirituality, holiness, heavenly-mindedness, are something more than the stock ideas of sermons.

Charity.

SEND thy good before thee, man,
The whilst thou may to Heaven :
For better is one alms before,
Than bin after seven.—*Old Rhyme.*

Family Worship.

MRS. PARKES admirably observes that family-worship, strengthened by reverence and affection for the object who conducts it, cannot fail to have a happy influence over all who regularly participate in it. It fixes the thoughts and unites the affections of all upon one supreme object of excellence, it diminishes the distance between man and man, compels the highest of the party present to acknowledge a common level with all his fellow-worshippers, and raises the lowest to a sense of the equality he shares with all mankind in the eyes of his Maker; while the youth, who, during childhood, regarded his parents as earthly deities to whom his reverence and obedience were due, is here taught his responsibility to a supreme, all-perfect Father, whose eye beholds him when other eyes are closed, and to whom his inmost thoughts are open. All thus assembled, utter with their lips the same expressions of praise, gratitude, contrition, humility,

Every man is the maker of his own fortune.

Free-living leads to free-thinking, and free-thinking to free-living.

A man should keep his friendships in constant repair.

and supplication. All have enjoyed blessings in common, all have need for pardon, and all would sink into the dust were the hand of mercy and support for an instant withdrawn from them.

Moral Courage.

HAVE the courage to speak your mind when it is necessary to do so, and to hold your tongue when it is better that you should be silent. Have the courage to speak to a poor friend in a threadbare coat, even in the street, and when a rich one is nigh; the effort is less than many take it to be, and the act is worthy a king. Have the courage to adhere to a first resolution when you cannot change it for a better, and to abandon it at the eleventh hour upon conviction. Have the courage to say you hate the "polka," and prefer an English song to an Italian "piece of music," if such be your taste. Have the courage to wear your old garments till you can pay for new ones. Have the courage to pass the bottle without filling your glass, when you have reasons for so doing, and to laugh at those who urge you to the contrary. Have the courage to prefer propriety to fashion—one is but the abuse of the other.

Hints on Bathing.

TO a good swimmer even, a dress, however light in texture, is a serious impediment to free action, while to the ordinary swimmer it is a dangerous clog, and in its use by such, life is very easily endangered. Firstly: beware while so clothed venturing into water deeper than is necessary for the actual purpose of swimming. Secondly: beware of plunging into water the temperature of which you have not ascertained. Thirdly: beware of bathing in the heat of the day, or with the body over-heated. Fourthly: beware of bathing immediately after any meal, when the digestive organs are in full activity; and lastly, when you use the bathing-dress, let it be light in texture and white in colour, or a near approach to it. If you observe the first caution, you will, in case of accident, not be beyond

Generosity misplaced becomes a vice.

Poverty enforces dependence, and invites corruption.

He seldom lives frugally who lives by chance.

the reach of the sight of any person at the surface, even if the water be muddy. If you attend to the second and third, your system will not be paralysed by a sudden cold shock ; if you heed the fourth, you avoid (the moral certainty of a contrary course) cramps and their result, death by drowning and apoplexy. And if you heed the last, you, in one way, lessen your danger, as your garments will then absorb but little water ; while, at the same time, you have the strongest chance of rescue in case of accident, as the colour of your drawers will be the readiest clue to your whereabouts, and your probable resuscitation.

When the object is to produce reaction of the system, and to stimulate and brace it, sea-water is to be preferred to fresh. When a tonic effect is required, the water of the open sea is more bracing than that in a confined apartment. The time of day for bathing in the sea must depend partly upon the locality and state of the tide ; but independently of these considerations, the best time, either as a measure of hygiene, or as a remedy, will be about noon ; that is, two or three hours after breakfast, when the system is sufficiently recruited by the morning's meal ; but should the sun be very powerful at this time, an earlier hour should be chosen. When the constitution is strong, the temperature of the surface high, and the person refreshed and active when he rises from his bed, the bath may be taken before breakfast.

There is no more efficacious method of invigorating the system than by the use of the cold bath, but it should not be used except under medical advice. In general, those of delicate constitutions will derive but small benefit from it. The application of the warm bath is universal ; it suits all ages, sexes, temperaments, and constitutions. It is particularly applicable to the earlier and later years of life, to females and those of feeble constitution. The warm bath may be continued from a quarter to half an hour at once. The skin should be well dried on emerging from them, and active exertion avoided for a short time. The forenoon, two or three hours after breakfast, is one of the best periods for taking it.

To persons of a dry, tense habit of body, baths are

A friend to everybody is a friend to nobody.

A kind word is as soon said as an ill one.

A penny is sometimes worth a pound.

extremely useful ; but to those who have a naturally relaxed constitution, in whom perspiration is too readily excited, they require to be used with great caution. The degree of frequency with which baths should be taken, and the length of immersion, cannot be absolutely prescribed. Not seldomer than once a-week the surface of the body should be strictly cleansed, and a quarter to half-an-hour constitute the usual limits of the proper period of immersion. Baths should not be taken soon after any meal ; the best time is about three hours after breakfast, and delicate persons should avoid bathing before breakfast. The applications of the hot bath are almost wholly medicinal. It is a very powerful stimulant at the command of the physician. The shower-bath is of much value to persons of nervous temperament in diminishing their excitability.

Adversity.

WE overstate the ills of life, and take
 Imagination, given us to bring down
 The choirs of singing angels, overshadowed
 By God's clear glory,—down our earth, to rake
 The dismal snows instead ; flake following flake,
 To cover all the corn. We walk upon
 The shadows of hills, across a level thrown,
 And pant like climbers. Near the alder-brake
 We sigh so loud, the nightingale within
 Refuses to sing loud, as else she would.
 Oh, brothers ! let us leave the shame and sin
 Of talking vainly, in a plaintive mood,
 The holy name of grief !—holy herein,
 That by the grief of one came all our good.

MRS. E. BARRETT BROWNING.

Good Temper.

IT is not (observes Mrs. Parkes) within the domestic circle only that good temper should be exercised ; it is an invaluable possession even amongst the more distant connexions of social life. It is a passport with all into their esteem and affection. It gives a grace to the plainest countenance, and to the fairest is an orna-

Charity is the scope of all God's commands.

A man may be strong and yet not mow well.

A runaway monk never praises his content.

ment, which neither time nor disease will destroy. Every day of life teems with circumstances by which it may be exercised and improved. Towards the husband, it is manifested by forbearance, when he is irritated and vexed; and by soothing, comforting, and supporting him when under the pressure of deeper and more afflicting troubles. It is shown towards children and servants by willingness to promote their enjoyments, while superiority is mildly but steadily exerted to keep them in proper subjection. It is exhibited in every direction, by unwillingness to offend; by not opposing our own opinions and pleasures to the prejudices of others; and it is above all demonstrated by the cheerful, even tenor of spirits that dwells within the well-governed mind, and which renders it happy almost in spite of vexations and sorrows.

The concluding sentence of Fénelon's "Telemachus," is worth storing in our memory:—"Above all things be on your guard against your temper. It is an enemy that will accompany you everywhere to the last hour of your life. If you listen to it, it will frustrate all your designs. It will make you lose the most important opportunities, and will inspire you with the inclinations and aversions of a child, to the prejudice of your gravest interests. Temper causes the greatest affairs to be decided by the most paltry reasons; it obscures every talent, paralyses every energy, and renders its victims unequal, weak, vile, and insupportable."

Dr. Franklin's Code of Moral Laws.

TEMPERANCE.—Eat not to fulness; drink not to elevation. **Silence.**—Speak not but what might benefit others or yourself; avoid trifling conversation. **Order.**—Let all your things have their places; let each part of your business have its time. **Resolution.**—Resolve to perform what you ought; perform without fail what you resolve. **Frugality.**—Make no expense, but to do good to others or yourself; that is, waste nothing. **Industry.**—Lose no time; be always employed in something useful; keep out of all unnecessary action. **Sincerity.**—Use no hurtful deceit; think innocently and justly; and if you speak, speak accordingly. **Justice.**—

Be always at leisure to do good.

Bear and blame not what you cannot change.

A wise man is never less alone than when he is alone.

Wrong none by doing injuries, or omitting the benefits that are your duty. *Moderation.*—Avoid extremes; forbear resenting injuries. *Cleanliness.*—Suffer no uncleanness in the body, clothes, or habitation. *Tranquillity.*—Be not disturbed about trifles, or at accidents common or unavoidable. *Humility.*—Imitate Jesus Christ.

Packing Collections of Shells.

COTTON or tow should always be preferred for packing. The very large specimens must be put in a box by themselves. Those more delicate and small may be enclosed in chip boxes or wide-mouthed phials, and then made up into one package; the generality of shells can be packed in stout boxes, placing, alternately, a layer of shells and a layer of cotton, and filling up the spaces between the shells to prevent their touching; wrapping also a piece of cotton round such as are most likely to be injured; when it can be done with convenience, each specimen may be first wrapped in soft paper. Always put those of the largest size at the bottom, and the spaces between may be filled up with small stout shells, in addition to the cotton; when all are packed, the small chip boxes containing the more delicate subjects can be placed near the top.

Packing Plants and Seeds for Exportation.

THE transportation of living plants is attended with great trouble, and still greater risk, and should only be resorted to in particular cases, or when it is impossible to procure seeds or roots. Small round holes must be made in the box or barrel that contains them, and which can be placed in the middle of the vessel, taking care to cover the top whenever the sea is rough. Most plants can, however, be sent either by their seeds or bulbs, and the methods that have been recommended are innumerable; that pursued by the French botanists consists in placing the only and hard seeds between alternate layers of sandy earth, and the others in brown paper bags, in both cases pervious to air. Seeds, during the damp and rainy seasons of the tropics, may be put

Good breeding is benevolence in trifles.

Gluttony is the fountain of all our diseases.

We may be as good as we please if we please to be good.

with charcoal. Moist sugar is also recommended by some as a good preservative ; but no seeds should be packed until they are sufficiently dry. Seeds of all plants, hurtful or beneficial either to man or to animals, should be industriously procured, as well as specimens of the plants in flower ; those that are large, thick, or of remarkable appearance, are infinitely better preserved in weak spirits.

Drying Plants for the Herbarium.

MR. SWAINSON says "the process of drying plants for the Herbarium has been stated as very difficult in tropical climates during the rainy season, when they are apt to rot in the process ; this, however, I have never found, and suspect it originates in suffering the progress of desiccation to stop, by not changing the paper sufficiently often. The method I pursued in South America was as follows :—The presses were made about the size of a common folio book, and consisted of two planks of mahogany, one and a quarter-inch thick, with a narrow piece let in at each end to prevent their warping ; at each of these ends was a press screw, about four and a half or five inches long ; the paper for drying the plants was made into books fitting into the press, between every two or three of which, when filled with plants, I placed a thin board of deal, the same size as the books ; this answered a double purpose, that of making the pressure more equal on all the specimens, and separating those plants which were juicy from the grasses, ferns, or others, which dry in half the time ; it should be observed that fine cartridge paper I have always found the best, and blotting-paper the worst, for this purpose ; the whole was then put into the press and the screws tightened twice a-day, the paper being changed regularly every morning or evening. Few plants by this method required more than four days' pressure ; and the process may be accomplished in three, if the paper is changed twice a-day, and the leaves of the books heated in the sun, or over a fire, before the specimens are put in. Independent of every other advantage, this method retains the colours of the plant better than any other I am acquainted with."

Ask your purse what it should buy.

A good address is the best letter of recommendation.

A bird is known by its note, and a man by his talk.

Fruits, or any other objects preserved in bottles with spirits, must be well corked, and either secured by bladder or pitched over; otherwise, if they remain long in hot countries, the spirit will rapidly evaporate.

Preservation of Dead Birds.

DEAD birds in Northern countries will remain in a fit state for preservation a long time if laid in a box with some charcoal; in this condition they are often received from the Continent.

Preservation of Insects.

MRS. LEE gives the following instructions:—We seize with pincers those insects which live on putrid and disgusting substances, and we first throw them into camphorated spirits to clean them. A multitude of insects nourish themselves on trees; we procure the greater part by carefully searching under the old barks of the trunks, and by shaking the branches over a cloth or reversed umbrella. When we take an insect, we seize it by the breast, and stick it in a box, or cork, or wax, with a long pin; we must take care that the wings of butterflies, which continue to flutter until death, do not touch anything. Needles ought never to be used, because, if they get rusty, they destroy the specimen. Insects may also be killed by shaping a crow-quill into a long point, dipping this point into prussic acid, and making an incision with it directly below the head between the shoulders of the insect, by which means the liquid enters into the body and causes death. This practice, however, entails a certain degree of danger to the operator, and in the hurry of travelling it is scarcely safe to employ anything which is so instantly fatal to man. Mr. Samonelle says that if oxalic acid be diluted with an equal quantity of water, and used in the same manner as prussic acid, it will answer the same purpose, and not endanger the collector. Mr. Stephens, in the "Entomological Magazine," recommends the following method:—Take three or four juicy leaves of the common laurel, break them into small pieces, and crush them quickly between two stones, or, if at

A spur in the head is worth two in the heel.

Better give a shilling than lend and lose half-a-crown.

As is the garden such is the gardener.

home, bruise them in a mortar, wrapped in a thin piece of paper ; screw up the produce in the latter, with as little exposure to air as possible, and fix it with a pin to the corner of the box in which the living insects are previously placed ; keep the box closely shut, and in about five minutes every specimen will be dead. It is necessary that the external air should be excluded, otherwise the fumes of prussic acid evolved from the crushed leaves will become too much attenuated to affect the respiratory organs of the insects, and they will partially revive if too speedily exposed to the influence of a purer atmosphere. All insects, except butterflies, may be put into spirits ; it is the best method of sending those which are large.

Sea-Weeds.

THE colour of dried sea-weeds may be preserved by brushing them carefully with the following solution : in two-thirds of a small phial of turpentine, dissolve two or three small lumps of gum-mastic.

Truth in a Household.

MISS MARTINEAU truly observes that of all happy households, that is the happiest where falsehood is never thought of. All peace is broken up when once it appears that there is a liar in the house. All comfort is gone when suspicion has once entered ; when there must be reserve in talk, and reservation in belief. Anxious parents, who are aware of the pains of suspicion, will place generous confidence in their children, and receive what they say freely, unless there is strong reason to distrust the truth of any one. If such an occasion should unhappily arise, they must keep the suspicion from spreading as long as possible, and avoid disgracing their poor child, while there is any chance of his cure by their confidential assistance. He should have their pity and assiduous help, as if he were suffering from some disgusting bodily disorder. If he can be cured, he will become duly grateful for the treatment. If the endeavour fail, means must, of course, be taken to prevent his example doing harm.

I fear that from some cause or other there are but

Gratitude is the memory of the heart.

He is greatest who chooses to do right at all times.

Habits, if not resisted, soon become necessities.

few large families where every member is altogether truthful. Some who are not morally guilty, are intellectually incapable of accuracy. But where all are so organised and so trained as to be wholly reliable in act and word, they are a light to all eyes, and a joy to all hearts. They are a public benefit, for they are a point of general reliance; and they are privately blessed, within and without. Without, their life is made easy by universal trust; and within their home and their hearts, they have the security of rectitude and the gladness of innocence. If we do but invoke wisdom, she will come, and multiply such homes in our land.

Difficulties.

IT is weak to be scared at difficulties, seeing that they generally diminish as they are approached, and oftentimes even entirely vanish. No man can tell what he can do till he tries. It is impossible to calculate the extent of human powers; it can only be ascertained by experiment. What has been accomplished by parties and by solitary individuals in the torrid and the frozen regions, under circumstances the most difficult and appalling, should teach us that, when we ought to attempt, we should not despair. The reason why men oftener succeed in overcoming uncommon difficulties than ordinary ones, is, that in the first case they call into action the whole of their resources, and that in the last they act upon calculation, and generally undercalculate. Where there is no retreat, and the whole energy is forward, the chances are in favour of success, but a backward look is full of danger. Confidence of success is almost success, and obstacles often fall of themselves before a determination to overcome them. There is something in resolution which has an influence beyond itself, and it marches on like a mighty lord amongst its slaves; all is prostration where it appears. When bent on good, it is almost the noblest attribute of man; when on evil, the most dangerous. It is by habitual resolution that men succeed to any great extent; impulses are not sufficient. What is done at one moment, is undone the next; and a step forward is nothing gained unless it is followed up.

Clowns are best in their own company.

They that govern most make least noise.

He is good that does good to others.

Choice of a Wife.

SIR THOMAS MORE says :—" May you meet with a wife who is not always stupidly silent, nor always prattling nonsense. May she be learned, if possible, or at least capable of being made so. A woman thus accomplished will be always drawing sentences and maxims of virtue out of the best authors of antiquity. She will be herself in all changes of fortune ; neither blown up by prosperity, nor broken with adversity. You will find in her an even, cheerful, good-humoured friend, and an agreeable companion for life. She will infuse knowledge into your children with their milk, and from their infancy train them up to wisdom. Whatever company you are engaged in, you will long to be at home ; and retire with delight from the society of men into the bosom of one who is so dear, so accomplished, and so amiable. If she touches her lute or sings to it any of her own compositions, her voice will soothe you in your solitude, and sound more sweetly in your ear than that of the nightingale. You will waste with pleasure whole days and nights in her conversation, and be for ever finding out new beauties in her discourse. She will keep your mind in perpetual serenity, restrain its mirth from being dissolute, and prevent its melancholy from being painful."

Treatment of Persons in a state of Excessive Intoxication.

THESE persons should have all tight parts of their dress loosened, the head should be covered with a cloth wet with cold water, and vomiting should be excited as quickly as possible, either by an emetic, or, if the person cannot swallow, by tickling the throat with a feather, or the finger. Glysters of salt and water should be given, and the person kept in the upright posture, and the head, on no account, be allowed to hang down. If recovery does not take place soon, mustard poultices should be applied to the feet ; and if the extremities become cold, warmth and friction should be perseveringly used.

Idleness is the hot-bed of temptation.

Drinking water neither makes a man sick nor in debt.

Every man loves justice at another man's house.

Causes of Disease.

A LATE fashionable physician, who for some years received fees to the amount of about 20,000*l.* annually, endeavoured, during the last three years of his life, to ascertain the sources of the diseases to which he was principally indebted for his wealth. After comparing the memorandums of each year, he made the following as an average calculation :—Vauxhall, theatres, and places of worship, 1600 ; indulgence in wine, spirits, and smoking, 1300 ; indolence, 1000 ; sudden changes in the atmosphere, 1200 ; prevalence of the north or east winds, 1000 ; force of imagination, 1500 ; gluttony, 1300 ; quack medicines, 900 ; love, 150 ; grief, 850 ; unsuccessful gambling, 900 ; contagion, 900 ; study, 950 ; reading novels, 450 ; of the doctor, 1500.

Danger of Sleeping in newly-painted Apartments.

DR. GOOD gives a very instructive instance of the evils arising from sleeping in newly-painted rooms, in the person of a distinguished surgeon in London, who had sent his family into the country whilst his house underwent a thorough painting, he himself sleeping in it during the process. About a month afterwards he was attacked with painters' colic, which was not at first recognised, but proved fatal to him shortly afterwards.

Early Dinners.

WITH regard to the proper time at which invalids should dine, physicians entertain but one opinion ; it should be in the middle of the day, or about two or three in the afternoon. It has been justly observed, that it is thus best adapted to the decline of the animal vigour, because it affords a timely replenishment before the evening waning of the vital powers, which naturally precedes the hour of rest.

An early dinner may also be recommended to the generality of persons ; but especially to the young who have not attained their full growth. Persons who are in the habit of supping should make a light dinner.

Give work rather than alms to the poor.

It is the greatest madness to be a hypocrite in religion.

He who foresees calamities suffers them twice over.

Exercise for Invalids.

INVALIDS and delicate persons should not go out too early in the day, nor remain out too late. Any time between eight in the morning and seven in the evening may be selected in summer, and between ten in the morning and four in the afternoon in winter, care being taken to avoid extremes of heat or cold at all seasons of the year. When the weather does not admit of going out, an airing may be taken by throwing open the windows, and walking backwards and forwards in the apartment.

Hints on Carriage-Airings.

AMONGST (observes Mr. Burn) the many absurd methods taken to *secure*, as it were, a good supply of atmospheric poison to our lungs, we are inclined to give the practice of modern "carriage-airing" the palm of high supremacy. Gravely ludicrous as is the practice, it is equally inducive of a large amount of personal suffering. A party at home is troubled with headache, a carriage-airing is agreed upon; the carriage is entered, the doors closed, the windows immediately drawn up. All is close, tight, and *comfortable*.(!) In a short time the faces become flushed, the headaches worse, the breathing is difficult, and at last they arrive at home, depressed in spirits, and pained in body.

Conscience.

DIVINE authority within man's breast,
Brings ev'ry thought, word, action, to the test;
Warms him or prompts, approves him or restrains,
As Reason or as Passion takes the reins.
Heaven from above, and Conscience from within,
Cries in his startled ear,—“Abstain from sin!”

COWPER.

Tender Subjects.

IN things that are tender and unpleasing, break the ice by some words of less weight, and reserve the more weighty voice to come in as by chance.

Contentment swells a mite into a fortune.

In matters of conscience first thoughts are best.

In matters of prudence the best thoughts are last.

Bad Habits.

THE surest way to get rid of a bad habit is by one decided effort. Hone, in his "Every Day Book," relates an anecdote of a person who suddenly formed the determination of delivering himself from the habit of slothfully wasting the early morning in bed. He resolved to rise the next day betimes, at a certain hour, and not only did so, but, by a vigorous effort, continued the practice ever afterwards. Mr. Hone rightly remarks upon this occurrence, that an attempt at gradual reformation would have been most likely fatal to his design.

The Golden Mean.

HE who holds fast the golden mean,
And lives contentedly between
The little and the great,
Feels not the wants that pinch the poor,
Nor plagues that haunt the rich man's door,
Embittering all his state.

The tallest pines feel most the power
Of wintry blasts ; the loftiest tower
Comes heaviest to the ground ;
The bolts that spare the mountain's side,
His cloud-capt eminence divide,
And spread the ruin round.

COWPER.

Engaging Manners.

THERE are a thousand engaging ways, which every person may put on, without running the risk of being deemed either affected or foppish. The sweet smile, the quiet cordial bow, the earnest movement in addressing a friend, or more especially a stranger, who may be recommended to us, the graceful attention which is so captivating when united with self-possession, these will ensure us the good regards of all. There is a certain softness of manner which should be cultivated, and which, in either man or woman, adds a charm that is even more irresistible than beauty.

Creditors have better memories than debtors.

A good conscience is to the soul what health is to the body.

The ingredients of conversation are truth, good sense, and wit.

Obliging Dispositions.

A KIND action meets with its reward. When the Emperor, Joseph II., was in Paris, in the reign of Louis XIV., he was in the habit of walking about the city *incognito*. One morning he went into an elegant coffee-house, and asked for a cup of chocolate. He was plainly dressed, and the waiters insolently refused it, saying it was too early. Without making any reply, the Emperor walked out, and went into a little coffee-house, nick-named the "One-eyed." He asked for a cup of chocolate, and the landlord politely answered, that it should be ready in a moment. While he waited for it, as the coffee-house was empty, he walked up and down, and was conversing on different subjects, when the landlord's daughter, a very pretty girl, made her appearance. The Emperor bade her good day, according to the French mode, and observed to her father it was time she should be married. "Ah," replied the old man, "if I had but a thousand crowns, I could marry her to a man who is very fond of her——But, sir, the chocolate is ready." The Emperor called for pen, ink, and paper; the girl ran to fetch them; and he gave her an order on his banker for six thousand livres.

Moderation.

MAN'S rich with little, were his judgment true;
Nature is frugal, and her wants are few:
Those few wants answer'd, brings sincere delights;
But fools create themselves new appetites.—YOUNG.

Treatment of Persons exposed to Intense Cold.

RUB the body for a few minutes gently with snow, or melted ice, or if these cannot be had, with the coldest water that can be procured. Afterwards add small quantities of hot water, at intervals, to increase the warmth very gradually. Use artificial respiration, and as soon as the person can swallow, give warm cordials, at first in very small quantities. *Let it be remembered that in these accidents it is highly dangerous to apply heat too early.*

The real philosopher's stone is, "Pay as you go."

If money is not your servant, it will be your master.

Those who repeat evil reports frequently invent them.

Religion.

RELIGION! Providence! an after-state!
 Here is firm footing; here is solid rock;
 This can support us; all is sea besides;
 Sinks under us, bestows, and then devours.
 His hand the good man fastens on the skies,
 And bids earth roll, nor feels her idle whirl.
 YOUNG.

Treatment of Burns and Scalds.

WHEN the burn or scald is slight and limited in extent, the best plan is to approach the injured part to the fire. Some aggravation of the suffering will follow, but after a short time the pain will cease, and blistering will be prevented. In the case of children, where this operation would be too painful, or in that of a more extensive and severe burn or scald, where it would be inadmissible, cotton will be a much better remedy. Picked cotton, or split wadding, is the best form for local application in successive layers; the sooner applied, the more efficacious it will prove; but if by any imprudence on the part of the sufferer or his friends, cold water should previously have been had recourse to, it will be of little service.

Common white soap (Castile) is, perhaps, the best general remedy, as it will prove beneficial even after improper remedies have been used. The requisite quantity of soap ought first to be scraped, and then made into a *thick lather*, with the addition of a little *lukewarm water*; after which it should be spread upon *strips of linen* to the thickness of a fifth or sixth of an inch. In applying this plaster, care must be taken that the soap is in immediate contact with the whole of the injured surface; for where it does not touch, the wound will not heal freely. The dressing may be renewed once in the twenty-four hours, but not oftener, until the cure is effected.

When nothing else is at hand, the immediate suffering will be relieved by strewing flour, from time to time, upon the burnt or scalded part.

It is needless to add, that in severe cases no time should be lost in sending for professional assistance.

Disparage and depreciate no one.

The best throw with the dice is to throw them away.

An investment in knowledge always pays the best interest.

Treatment of Persons suffering from the Fumes of Charcoal.

THE air arising from charcoal, when burning, is as clear and invisible as common air; but this very circumstance prevents us from perceiving its presence, and it may therefore prove highly dangerous before we are aware of it. Hence so many fatal accidents, from its use in confined places, where there is no flue. The first sensation, when it has become dangerous, is a slight sense of weakness, the limbs seem to require a little attention to prevent falling. A slight giddiness, accompanied by a distinct feeling of a flush or glow on the face succeeds. Soon after the person becomes drowsy, wishes to sit down, but commonly falls on the floor, insensible of all about him, and breathes strong, snoring as in apoplexy. If the person is alarmed in time, and escapes into the open air, he is commonly seized with a violent headache, which generally abates. But when the effect is completed as above described, death very soon ensues, unless relief is obtained. In short, the effect is suffocation.

The most prudent treatment in a case of this kind is to take off a quantity of blood immediately, and throw cold water on the head frequently. A strong stimulus, such as hartshorn, applied to the feet, has also a very good effect.

Now.

"NOW" is the constant syllable ticking from the clock of Time. "Now" is the watchword of the wise. "Now" is on the banner of the prudent. Let us keep this little word always in our mind; and, whenever anything presents itself to us in the shape of work, whether mental or physical, we should do it with all our might, remembering that "now" is the only time for us. It is indeed a sorry way to get through the world, by putting off till to-morrow, saying, "then" I will do it. No! this will never answer. "Now" is ours; "then" may never be.

Indolence is the mother of misery.

The more haste in educating children the less speed.

Enemies always tell you the truth, but friends rarely.

Nursery and Bed-room Fire-escape.

IN nurseries, and other rooms, where little children sleep, one or more strong sacks ought to be provided, about three feet and a half in depth, and one and a half in diameter, kept open at the top with a thick wooden hoop, having a long and *strong* rope fastened to it : into these sacks the children may be put and let down. The person who manages this may descend by the same fire-escape, fastened to the bedstead, or such other means as may be at hand.

Advantages of School Education.

I THINK (observes Miss Martineau) that no children, in any rank of life, can acquire so much book-knowledge at home as at a good school, or have their intellectual faculties so well roused and trained. I have never seen an instance of such high attainment in languages, mathematics, history, or philosophy, in young people taught at home—even by the best masters—as in those who have been in a good school. The fundamental difference between school and home is this. At school everything is done by rule, by a law which was made without a view to any particular child, and which governs all alike ; whereas, at home, the government is not one of law, working on from year to year without change, but of love, or, at least, of the mind of the parents, varying with circumstances, and with the ages and dispositions of the children.

First Year of Married Life.

THE first year of a woman's married life (says Mrs. Parkes), is not always most free from vexations and troubles. She carries into one family the prejudices and the habits of another, which sometimes prove so different, as to cause the task of assimilating herself, in her new character, to those with whom she is henceforth to dwell, to be both painful and difficult. If she be solicitous to promote unanimity between her new connexions and herself, she will, perhaps, examine how

Employment makes people happy.

Envy and cavil are the fruits of laziness and ignorance.

Exaggeration is neither thoughtful, wise, nor safe.

Be a pattern to others, and all will go well.

far she can yield to their prejudices, and in what degree she ought to maintain her own. By yielding a little, she makes, at least, her road smoother, if she do not thereby lay the foundation of esteem and affection—not to be shaken for the future—by any trifling cause. As the happiness of the husband is liable to interruption, and his temper to be tried, by the petty umbrages and irritations between his wife and his relations, it is her duty, and, assuredly, the best mode of securing her own happiness, to endeavour to please them, so as to engage their affections if possible. A determination to be pleased herself is half-way towards pleasing them ; and this may be shown by her willingness to discover their agreeable traits of character, rather than, with the critical penetration of ill-humour, to mark their weaknesses and errors. By pleasing manners at first, she may secure herself a favourable reception into her husband's family ; and in time, when she has proved her worth, her footing amongst them will be on a surer foundation. Many and various are the means to promote happiness in married life. A cheerful manner, a kind word, a readiness to oblige, can always diffuse a pleasing influence around. "I noticed," observes Dr. Franklin in his Life, "a mechanic, among a number of others, at work in a house, erecting but a little way from my office, who always appeared to be in a merry humour,—who had a kind word, and a cheerful smile, for every one he met. Let the day be ever so cold, gloomy, or sunless, a happy smile danced like a sunbeam on his cheerful countenance. Meeting him one morning, I asked him to tell me the secret of his constant happy flow of spirits. 'No secret, Doctor,' he replied ; 'I have got one of the best of wives, and when I go to work she always has a kind word of encouragement for me ; and when I go home she meets me with a smile and a kiss, and then tea is sure to be ready, and she has done so many little things during the day to please me, that I cannot find it in my heart to say an unkind word to anybody.'"

A wife at the outset of her career should make it her determination, in every possible way, to gain the sympathies of her husband, and she will rarely fail when she applies herself cheerfully to the task.

It is easier to build two chimneys than to keep one in fuel.

God helps those that help themselves.

Cautions about Wines.

ONE of the best authorities on the subject of wine, Mr. Cyrus Redding, gives some excellent advice on the subject. Never (he says) deal with a perfect stranger for wine to any amount of moment, unless he come well recommended from a quarter upon which reliance can be placed ; for the secret of getting good wine is to pay a good price to honourable and opulent men of the trade, who are placed above fraud or deception of any kind by their long standing and extent of business. If a low-priced wine is wanted, the same merchant will supply it, with the advantage of delivering it for what it really is, and not under a false designation.

Wines coloured artificially, flavours imparted in the same mode, and artificial changes of a similar kind, cannot be detected but by individuals of experience. It is always best, therefore, to purchase the wines of Spain, Portugal, and Madeira, from houses of large dealings, known to be connected with the trade in the ports from whence the wine comes, especially if they have branches of their own houses in such places.

In tasting wine the purchaser should try it more than once, or at two different times, suppose at the interval of a day or two. The state of the stomach, the food last taken, a natural defect in the palate, especially if the person has been in the habit of drinking strong ale or spirits, will prevent a correct appreciation of wine. Let the mouth be rinsed with pure water, and the stomach neither empty nor full, the taste will then be found at its best. Some prefer, as to time, the morning before breakfast, after taking a glass of water.

Buy no wines for their low prices, let the species be what it may, whether generally denominated a cheap or an expensive growth. Always learn for certain, if possible, the vintage or year when the wine you purchase was made, that you may drink it quite mature. Choose port wine, which runs smooth on the palate, and is free from all heat and harshness ; it should be soft as velvet, if for immediate consumption. Madeira should be kept in a warm rather than a cold cellar, and is in its best

Talent and worth are the only eternal grounds of distinction.

All is but lip-wisdom which wants experience.

Excellence is the reward of labour.

state for drinking at twenty years old: the growth ought to be from a vineyard on the southern side of the island; the bad Madeira of low price has generally been that of the northern, which is of very little value. No one who fears the prevalence of malic acid in red wine will drink any other than sherry, or a similar wine, when it is to be obtained good: it is necessary in buying sherry to be careful that it be not Malaga, brought to Cadiz for export, or the commonest qualities of Xeres. Sherry should be chosen of a good body, and be kept in a cellar rather inclining to a warm than a cold temperature: it is better for being uncorked in the morning, and left open on the sideboard until dinner-time: in buying, above all things, avoid heat and harshness. German wines are very wholesome when genuine and mature: "good Hock," the Germans say, "keeps off the doctor;" and there is little doubt of this being true. Burgundy is generally bottled at the end of fifteen months in wood, and should be drunk before it reaches the age of sixteen years, after which age it never improves: Burgundies will do well in England in cool cellars: in the importation of the wine the prevalence of mildly cold weather is preferable, unless the wine be packed in salt. Claret should be kept in a cellar of the best and cleanest description, perfectly quiet and cool: it should be imported from Bordeaux, neither in hot nor cold weather, and be bottled at the proper moment, ascertainable by its age in the first place, and, secondly, by its progress towards maturity: it is fit for bottling when it has lost its hardness to the palate, and drinks soft and milky, with an agreeable flavour. Great caution is necessary in buying champagne in England: he who cannot discover the real wine by the *bouquet* and flavour, may as well drink any other species of effervescent liquid: these have never been imitated with success. Champagne should be kept in a cool cellar, and not be removed from the case until wanted for drinking. If kept out of the case, quartz-sand is the best substance in which to imbed the bottles. The best champagne may easily be obtained by writing direct to one of the large Continental growers, who will forward it direct, or through the agency of some respectable London firm.

If you will not hear reason she will rap your knuckles.

He who tells one lie must invent twenty more to maintain it.

In the bottle all may easily find ruin.

Marriage.

BENEVOLENCE and prudence (says Dr. Johnson) may make marriage happy; but what can be expected but disappointment and repentance from a choice made in the immaturity of youth, in the ardour of desire, without judgment, without foresight, without inquiry into conformity of opinions, similarity of manners, rectitude of judgment, or purity of sentiment? Such is the common process of marriage. A youth and maiden meeting by chance, or brought together by artifice, exchange glances, reciprocate civilities, go home and dream of one another; and having but little to divert attention or diversify thought, they find themselves uneasy when they are apart, and therefore conclude they shall be happy together. They marry, and discover what nothing but voluntary blindness before had concealed. They wear out life with altercations, and charge nature with cruelty. "Deceive not thyself," observes Fuller, "by over-expecting happiness in the marriage estate. Look not therein for contentment greater than God will give, or creature in this world can receive, namely, to be free from all inconveniences. Marriage is not, like the hill of Olympus, *wholly clear*, without clouds; yea, expect both winds and storms sometimes, which, when blown away, the air is the clearer and the wholesomer for it. Make account of certain cares and troubles which will attend thee. Remember the nightingales, which sing only some months in the spring, but commonly are silent when they have hatched their eggs, as if their mirth were turned into care for their young ones. Yet all the molestations of marriage are abundantly recompensed with other comforts which God bestoweth on them who make a wise choice of a wife."

"Ev'n in the happiest choice, where fav'ring Heaven
Has equal love and easy fortune given,
Think not, the husband gain'd, that all is done,—
The prize of happiness must still be won:
And oft, the careless find it to their cost,
The lover in the husband may be lost;
The graces might alone his heart allure,—
They and the virtues meeting, must secure."

LORD LYTTLETON.

We may mend our faults as easily as cover them.

Fasting is, at times, the best medicine.

Every animal but man keeps to one dish.

Dr. Parr's Luxuries.

DR. PARR, in a letter to a friend, says, "There are certainly one or two luxuries to which I am addicted; the first is a shoulder of mutton, not over-roasted nor under-roasted, and richly encrusted with flour and salt; the second is a plain suet pudding; the third is a plain family plum-pudding; and the fourth, a kind of high festival dish, consists of hot boiled lobsters, with a profusion of shrimp-sauce."

Good Example to Servants.

EXAMPLE (observes Mrs. Parkes) is of the greatest importance to our servants, particularly those who are young, whose habits are frequently formed by the first service they enter. With the mild and good, they become softened and improved, but with the dissipated and violent, are too often disorderly and vicious. It is, therefore, not among the least of the duties incumbent on the heads of families, to place in their view such examples as are worthy their imitation. But these examples, otherwise praiseworthy, should neither be rendered disagreeable, nor have their force diminished by any accompaniment of ill-humour. Rather, by the happiness and comfort resulting from our conduct towards our domestics, should they be made sensible of the beauty of virtue and piety. What we admire we often strive to imitate; and thus they might be led on to imbibe good principles, and to form regular and virtuous habits.

The Last Word.

HUSBAND and wife should no more struggle to get the last word than they would struggle for the possession of a lighted bomb-shell. Married people should study each other's weak points, as skaters look after the weak part of the ice, in order to keep off them. By attention to this apparently small matter the course of wedded life will run more smoothly, and thus ensure happiness.

Insist on yourself; never imitate.

The half learned is sometimes more dangerous than the simpleton.

Let your letter stay for the post, not the post for your letter.

Management of the Hair.

LOSS of hair, according to M. Cazenave, resulting from general disease, or from profound constitutional disturbance, will disappear in most cases with the removal of the cause which produced it. There are cases in which the scalp may be advantageously shaved, and the secretion of the hair stimulated by dry friction, tonic lotions, as rum, for example, the patient being at the same time submitted to a judicious and well-devised system of regimen. The shedding of the hair may be occasioned, or at least greatly facilitated, by the very means adopted for dressing and adorning it. The too frequent use of hard brushes, fine-tooth combs, &c., is highly injurious.

For effectually cleaning the hair, M. Cazenave recommends that a fine-tooth comb should be passed at regular intervals, every twenty-four hours, through the hair, in order to keep it from matting and tangling; separating the hairs carefully and repeatedly, so as to allow the air to pass through them for several minutes, and using a brush that will serve the double purpose of cleansing the scalp and gently stimulating the hair-bulbs.

Before going to bed, it will be desirable to part the hair evenly, so as to avoid false folds, or what is commonly called turning against the grain, which might even cause the hairs to break.

There is a class of persons who carry to excess the dressing of the hair, and who, during the ordinary operations of the toilette, drag and twist the hair, not only until the hairs are broken and the scalp fatigued, but the bulb itself is altered.

When the hair is very long, and twisted up into a hard knot on the top of the head, as it is frequently the fashion to wear it, the current of the fluid along the tubes must be obstructed, and the obvious remedy for this is frequently combing it and brushing it out in its full length.

Generally speaking, when the hair is naturally moist and oily, it is wrong to oil it habitually, and of course doubly so when it shows a tendency to dryness. The habit of immersing the head in cold water every morning M. Cazenave considers injurious to the hair. The

Flatterers are the worst kind of traitors.

Whoever conquers indolence can conquer most things.

When a friend asks there should be no to-morrow.

same may be said, though in a more modified sense, of the habit which women have of incessantly moistening the bandeaux for the purpose of making the hair appear for a moment smooth and dark. Cold baths, especially salt-water baths, also exert an injurious influence upon the condition of the hair, hence it should always be carefully covered with an oil-skin cap while in the bath. Too heavy and too warm coverings for the head should be avoided ; females should invariably adopt a head-dress of the lightest texture, and such as is permeable by the air. Men are equally warned against that modern monstrosity, the hat, which by its weight, impermeability, and the pressure which it occasions round the head, materially assists in the premature destruction of the hair.

Abstain altogether from cutting, wetting, and twisting, or binding tightly the hair. It should be slowly and carefully disentangled, and so arranged and covered at night as to give it the proper direction. Where the hair is naturally dry, it is, perhaps, the only case in which it will be in accordance with rational treatment to employ greasy substances ; and in such instances, M. Cazenave recommends exclusively a pomade composed of prepared beef marrow and oil of bitter almonds ; care should be taken to anoint the hairs, not only in their entire length, but also at the roots where the hair should be divided to admit of the direct application of the ointment, and special care should be taken that the preparation does not become rancid. Where the hair is too greasy, no such application should be used ; but the hair may be powdered occasionally in the evening with starch, and the head should be brushed carefully in the morning to remove the powder. It will also be useful to occasionally cleanse the scarf with a very weak alcoholic solution ; the following will answer the purpose :—sub-borate of soda, distilled water, and essence of vanilla. *All greasy hair requires the most minute attention to cleanliness. Hair-dyes should be altogether condemned ;* M. Cazenave observing, justly, we should console ourselves for the loss of the temporary advantage to be derived from their use, by the reflection that every natural alteration that takes place in the external appearance, brings with it a certain alteration of character, which is not devoid of value, nor displeasing.

He can never speak well that can never hold his tongue.

Men are pleased with a jester, but never esteem him.

Discretion of speech is more than eloquence.

Contradiction.

THERE are some individuals *who will not be persuaded* into assentment, however reasonable may be the ideas submitted to them, and they remind us of the "better-and-worse" case we have seen somewhere:—"I have to inform you that I was married since I last saw you. So much the better. Not so much the better, for my wife proved an arrant shrew. So much the worse. Not so much the worse, for she brought me a fortune. So much the better. Not so much the better, for with the money I bought a great number of sheep, which died of the rot. So much the worse. Not so much the worse, for I sold the wool, and with the produce I built a house. So much the better. Not so much the better, for my house was burned," &c.

Novels.

ABOVE all things, keep novels out of the reach of your children. They are the corrupters of tender minds. They exercise the imagination, instead of the judgment; make them all desire to become Julias and Cecilias of romance; and turn their heads before they are enabled to distinguish them from fictions devised merely for entertainment. The habit of receiving pleasure without any exertion of thought, by the mere excitement of curiosity and sensibility, may be justly ranked among the worst effects of habitual novel-reading.

Duration of Sleep.

THE great Sir William Jones found occasion to alter the following couplet of Chief Justice Coke:—

"Six hours in sleep, in law's grave study six,
Four spent in pray'r, the rest on nature fix."

Sir William, with greater need for repose, and in the genuine spirit of piety, expressed it thus:—

"Six hours to law, to soothing slumber seven,
Ten to the world, and all to heaven."

Good offices are the cement of society.

Wherever the speech is corrupted so is the mind.

Wee feel people more graves than war.

Wisdom and Folly.

FERDINAND, King of Spain, used to say, that he could distinguish a wise man from a fool by the following marks:—Moderation in anger, government in household affairs, and writing a letter without useless repetitions.

Grumblers.

MR. WALKER, in "The Original," well describes these pests of society. There is (he says) a sect, unfortunately well known to most of this land, whose fundamental maxim is, whatever is, is wrong. Wherever they are found, and they are found almost everywhere, they operate as a social poison; and, though they contrive to embitter the enjoyments of everybody about them, they perpetually assume that themselves are the only aggrieved persons, and with such art as to be believed, until thoroughly known. They have often some excellent qualities, and the appearance of many amiable ones; but rank selfishness is their chief characteristic, accompanied by inordinate pride and vanity. They have a habit of laying the consequences of their own sins, whether of omission or commission, upon others, and, covered with faults, they flatter themselves they "walk blameless." Where their selfishness, pride, or vanity, are interested, they exhibit signs of boundless zeal, attention, and affection, to which those who are not aware of their motives are the dupes; but the very moment their predominant feelings are offended, they change from April to December. They have smiles and tears at command for their holiday humour; but in "the winter of their discontent," there is no safety from the bitterest blasts. Their grievances are seldom real, or if real, are grossly exaggerated, and are generally attributable to themselves; for, absorbed in their own feeling, they are wonderful losers of opportunities. I would suggest for the first, second, and third offence, bread and water and the treadmill; for the fourth offence, transportation for seven years to Boothia Felix, or some such climate; and any subsequent delinquency I would make capital, and cause the criminal to be shut up with some offender in equal degree, there to grumble each other to death.

They who think least generally speak most.

Have not the cloak to make when it begins to rain.

He that lends to all shows goodwill, but little sense.

Home.

SWEET is the smile of home ; the mutual look
 When hearts are of each other sure ;
 Sweet all the joys that crowd the household nook,
 The haunt of all affections pure ;
 Yet in the world even these abide, and we
 Above the world, our calling boast :
 Once gain the mountain-top, and thou art free,
 Till then, who rest, presume ; who turns to look
 are lost.—KEBLE.

A Receipt for Low Spirits.

TAKE an ounce of the seeds of resolution, mixed well with the oil of good conscience, infuse into it a large spoonful of the salts of patience ; distil very carefully a composing plant called "others' woes," which you will find in every part of the garden of life, growing under the broad leaves of disguise ; add a small quantity, and it will greatly assist the salts of patience in their operation ; gather a handful of the blossom of hope, then sweeten them properly with the balm of prudence ; and if you can get any of the seeds of true friendship, you will then have the most valuable medicine that can be administered. But you must be careful to get some of the seeds of *true friendship*, as there is a seed very much like it called "self-interest," which will spoil the whole composition. Make the ingredients into pills, take one night and morning, and the cure will be effected.

Pleasure.

PLEASURES are like poppies spread,
 You seize the flower, its bloom is shed ;
 Or like the snow-falls in the river,
 A moment white—then melts for ever ;
 Or like the borealis race,
 That flit ere you can point their place ;
 Or like the rainbow's lovely form
 Evanishing amid the storm—
 Nae man can tether time or tide.—BURNS.

In all things preserve integrity.

Good nature, like the bee, collects honey from every herb.

Keep out of a hasty man's way for a while.

The Wife.

A DELICATE attention to the minute wants and wishes of a wife, tends, perhaps, more than anything to the promotion of domestic happiness. It requires no sacrifices, occupies but a small degree of attention, yet is the fertile source of bliss; since it convinces the object of your regard, that, with the duties of a husband, you have united the more punctilious behaviour of a lover. These trivial tokens of regard certainly make much way in the affections of a woman of sense and discernment, who looks not to the value of the gifts she receives, but perceives in their frequency a continued evidence of the existence and ardour of that love on which the superstructure of her happiness has been erected. To preserve unimpaired the affections of her associate, to convince him that in his judgment of her character, formed antecedently to marriage, he was neither blinded by partiality nor deluded by artifice, will be the study of every woman who consults her own happiness and the rules of Christian duty. The strongest attachment will decline, if it suspect that it is received with diminished warmth.

Maternal Hope.

LO! at the couch where infant beauty sleeps,
 Her silent watch the mournful mother keeps;
 And weaves a song of melancholy joy—
 Sleep, image of thy father, sleep, my boy:
 Thy fame, thy worth, thy filial love, at last,
 Shall soothe this aching heart for all the past—
 With many a smile my solitude repay,
 And chase the world's ungenerous scorn away.

CAMPBELL.

Mothers.

NAPOLEON said one day to Madame Campan:—
 "The old systems of instruction are worth nothing.
 What is wanting in order that the youth of France
 may be well educated?" "Mothers!" replied Madame
 Campan. This reply struck the Emperor. "Here,"

Never forget the day of judgment.

Going to law is losing a cow for the sake of a cat.

Laziness begins in cobwebs and ends in iron chains.

said he, "is a system of education in one word. Be it your care to train up mothers who shall know how to educate their children."

Dr. Conquest, in his "Letters to a Mother," observes: Let parents in the first months of infancy form the disposition of their children; let them, by affectionate but inflexible firmness, convince their children that the will of a father or mother must be submitted to; let them never deceive children when giving their medicine, but so mould and fashion their tempers as to obtain perfect confidence and implicit obedience. Then may parents reasonably expect that ready acquiescence in, and strict attention to, every measure prescribed, and that calmness of mind, and that relief to the body, which will secure the recovery of the endeared objects of their affection from their diseases; while children, labouring under a like form and amount of disease, whose complaints are aggravated by humour, caprice, and non-compliance, and whose bodies are kept in a state of feverish excitement by resistance, gratification, and passion, will as certainly perish. To this moral mismanagement, and serious disregard of a parent's duties, not a few children fall victims, while the bodily sufferings of all are increased.

The duties of mothers are strongly enforced by Mrs. Child:—Above all things the mother should keep her own spirit in tranquillity and purity; for it is beyond all doubt that the state of a mother affects her child. Children have died in convulsions, in consequence of their mother nursing them while under the influence of violent passion or emotion; therefore the first rule is, that a mother govern her own feelings, and keep her heart and conscience pure. The next most important matter is, that a mother, as far as other duties will permit, should take the entire care of her own child. The knowledge that his natural protector and best friend is near will give him a feeling of safety and protection, alike conducive to his happiness and beneficial to his temper.

Surely affection must be wanting in those mothers who can consign, without reflection, their children to the uncertain dispositions of hired nurses, to their lasting detriment!

He who lives to no purpose lives to a bad purpose.

He that despiseth small things shall fall little by little.

Leisure is time for doing something useful.

Mistress of a Family.

ARE you the mistress of a family? Fulfil the charge for which you are responsible. Attempt not to transfer your proper occupation to a favourite maid, however tried may be her fidelity and skill. To confide implicitly in servants is the way to render them undeserving of confidence. If they be already negligent or dishonest, your remissness encourages their faults, while it continues your own loss and inconvenience. If their integrity be unsullied, they are ignorant of the principles by which your expenses ought to be regulated; and will act for you on other principles, which, if you were apprised of them, you ought to disapprove. They know not the amount of your husband's income, nor of his debts, nor of his other incumbrances; nor, if they knew all these things, could they judge what part of his revenue may reasonably be expended in the departments with which they are concerned. They will not reflect that small degrees of waste and extravagance, when it would be easy to guard against them, are criminal; nor will they suspect the magnitude of the sum to which small degrees of waste and extravagance, frequently repeated, will accumulate in the course of the year. They will consider the credit of your character as intrusted to them; and will conceive that they uphold it by profusion. The larger your family is, the greater will be the annual portion of your expenditure, which by these means will be thrown away. And if your ample fortune incline you to regard the sum as scarcely worth the little trouble which would have been required to prevent the loss, consider the extent of good which it might have accomplished, had it been employed in feeding the hungry and clothing the naked. Be regular in requiring, and punctual in examining, your weekly accounts. Be frugal without parsimony; save, that you may distribute. Study the comfort of all under your roof, even of the humblest inhabitant of the kitchen. Pinch not the inferior part of the family to provide against the cost of a day of splendour. Consider the welfare of the servants of your own sex as particularly committed to you. Encourage them in religion, and be active in furnishing

Beware of him who hates the laugh of a child.

Let a lie alone, and it will run itself to death.

Malice drinks one-half of its own poison.

Do faithfully every duty that comes in your way.

them with the means of instruction. Let their number be fully adequate to the work which they have to perform ; but let it not be swelled either from a love of parade or from blind indulgence, to an extent which is needless. In those ranks of life where the mind is not accustomed to continued reflection, idleness is a never-failing source of folly and of vice. Forget not to indulge them, at fit seasons, with visits to their friends. Let not one tyrannise over another. In hearing complaints, be patient ; in inquiring into faults, be candid ; in re-proving, be temperate and unruffled. Let not your kindness to the meritorious terminate when they leave your house ; but reward good conduct in them, and encourage it in others, by subsequent acts of benevolence adapted to their circumstances. Let it be your resolution, when called upon to describe the characters of servants who have quitted your family, to act conscientiously towards all the parties interested, neither aggravating nor disguising the truth. And never let any one of those whose qualifications are to be mentioned, nor of those who apply for the information, find you seduced from your purpose by partiality or by resentment.

Though the act of managing a house may seem at first sight a very simple affair, there are not many people who can do it well. Some women do either too much or too little ; and husbands generally dislike the worry of over-management, almost as much as neglect. The great art is to hit the happy medium *quietly*. It is a great point, also, to live always in the same manner as regards style, and to have the cloth laid as carefully when alone as when there is company. When this is the case, no wife feels afraid of her husband bringing in an unexpected guest ; and it is gratifying to a husband to find a friend of this kind received quietly, whereas nothing can be more disagreeable to a husband than to see his home thrown into confusion, his wife cross, and his servants scrambling to change the things laid on the table ; and, in short, everything going wrong, simply because he has asked a friend to dine without giving a day or two's notice of his intention to do so. By judicious management a wife can always contrive to have everything ready at the proper time and place.

The beauty of an obligation lies in the manner of doing it.

Good manners are the small coin of virtue.

Childhood.

AT his first aptness the maternal love
 Those rudiments of wisdom did improve ;
 The tender age was pliant to command ;
Like wax it yielded to the forming hand :
 True to the artificer, the laboured mind
 With ease, was pious, generous, just, and kind ;
 Soft for impression from the first prepared,
 Till virtue, with long exercise, grew hard ;
 With ev'ry act confirmed, and made at last
 So durable as not to be effaced,
 It turned to habit ; and from vices free,
 Goodness resolved into necessity.—**DRYDEN.**

Dress and Exterior Decoration.

THE mistaken opinions respecting the proper end of personal accomplishments, and the extravagant notions of their worth, extend their influence to all matters similar in their nature to such accomplishments, and capable of being united with them in establishing one common error. Hence that fondness for the arts of dress and exterior decoration, to which the female sex, anxious to call in every adventitious aid to heighten their native elegance and beauty, feel inclined by an inherent bias. There are well-intentioned mothers who urge the necessity of taking pains to encourage in their daughters a certain degree of attachment to dress, and of solicitude respecting the form and texture of their habiliments, lest they should afterwards degenerate into slatterns. Impress your daughter with the advantages of the duty of neatness, train her in corresponding habits, teach her by precept and example. Attach her thus to the proprieties, without tempting her to the vanities, of dress. Fénelon admirably says, "Neatness, when it is moderated, is a virtue." Show your daughters the best mode of making things ; but show them rather how to make shift without them.

If (observes Mrs. Ellis) possessed of any genuine feeling of modesty, a young woman will know by a kind of instinct that a bare shoulder protruding into sight is neither a delicate nor a lovely object ; that a dress

Let your child's first lesson be obedience.

The more we are obliged to do the more we can accomplish.

All conditions sit well upon a wise man.

either so made or put on, as not to look secure or neat, is, to say the least of it, in bad taste ; and that the highest standard at which a rightly-minded woman can aim with regard to dress is, that it should be becoming, and not conspicuous. In order to secure this last point of excellence, it is unquestionably necessary to conform in some measure to the fashion of the times in which we live, and the circle of society in which we move ; yet surely this may be done to an extent sufficient to avoid the charge of singularity, without the sacrifice either of modesty or of good taste.

Yet worse is the influence which the love of fashion among the higher classes has upon our servants and upon the poor. Every Christian woman sees and deplores the evils, and many wholesome restrictions are laid upon poor girls, in their attendance at Sunday-schools, and other establishments for their instruction ; but are not the plans most frequently adopted for the correction of this evil like telling little children at table that good things are not safe for them, yet eating them ourselves, and making much of them too, as if they were the greatest treat ? Never will the young servant cease to walk the streets with pride and satisfaction, in the exhibition of her newly-purchased and fashionable attire, so long as she sees the young ladies in the family she serves make it their greatest object to be fashionably dressed.

Erroneous Judgment in Youth.

YOUNG people are apt to think that every one who does not know what they happen to have been taught, is ignorant ; everything they happen not to have learned, is useless ; everything that is not the custom of the society in which they happen to have moved, is vulgar ; every one who does not like what they happen to like, has bad taste ; every one who does not feel what happens to affect them, has no heart ; every one who is not employed as they are, wastes his time ; every one who does not conform to their estimate of right, has no conscience ; every one whose opinions are not like their own, or their mamma's, or their governess's, is mistaken.

Never suffer your energies to stagnate.

Remember that money is of a generating nature.

Not to oversee workmen is to leave your purse open.

Work and Play.

RICHARD BURKE being found in a reverie, shortly after an extraordinary display of powers in Parliament by his brother, Edmund Burke, and questioned by a friend as to the cause, replied, "I have been wondering how Ned has contrived to monopolise all the talents of the family ; but then again I remember, *when we were at play, he was always at work.*" The force of this anecdote is increased by the fact, that Richard Burke was considered not inferior in natural talents to his brother. Yet the one rose to greatness, while the other died comparatively obscure.

Hints to Letter-Writers.

ALWAYS put a stamp on your envelope, on the top of the right-hand corner. Let the direction be written very plain. At the head of your letter, in the right-hand corner, put your address in full, with the day of the month underneath ; do not omit this, though you may be writing to your most intimate friend three or four times a-day. What you have to say in your letter, say as plainly as possible, as if you were speaking ; do not revert three or four times to one circumstance, but finish up as you go on. Let your signature be written as plainly as possible, and without any flourishes. Do not *cross* your letters ; economy can be no excuse for this, for paper is cheap enough. If you write to a stranger for information, or on your own business, do not fail to send a stamped envelope, with your address plainly written upon it. If you are not a very good writer, it is advisable to use the best ink, the best paper, and the best pens, as, though they may not alter the character of your hand-writing, yet they will assist to make your writing look better ; the paper on which you write should be clean and neatly folded ; there should not be the slightest stains upon the envelope ; if otherwise, it is only an indication of your own slovenliness. Care must be taken in giving titled persons, to whom you write, their proper designations. Punctuation is frequently neglected in letter-writing, but its

Passionate people see all things the wrong way.

The eyes of other people are the eyes that ruin us, not our own.

With time and patience the mulberry leaf becomes silk.

importance is undoubted. A contract made for lighting the town of Liverpool, in 1819, was made void by the misplacing of a comma in the advertisements. Thus: "The lamps at present about 4050, and have in general two spouts each, composed of not less than twenty threads of cotton." The contractor would have proceeded to furnish each lamp with the said twenty threads; but this being but half the usual quantity, the Commissioners discovered that the difference arose from the comma following, instead of preceding the word *each*. Above all, remember that brevity is the soul of wit, the very hinge of business, and is therefore indispensable in letter-writing. The style of epistolary correspondence should be neat, easy, simple, lucid, free. In letters of business, the point at issue should be stated first, the explanations and qualifications may come afterwards.

Cautions in Coach Accidents.

SHOULD the horses run off in defiance of all restraint while you are in a coach, sit perfectly still, and, in anticipation of the possible overturn, keep your legs and arms from straggling. Sit easily and compactly, so that, when upset, you will gently roll over in the direction you are thrown. Ladies, in these circumstances, scream wildly, and throw their arms out of the windows, thus exposing themselves to the chance of broken limbs. If run away with in a gig, either sit still collectedly, or drop out at the back, so as to fall on your hands. Never jump from a rapidly-moving vehicle, unless (supposing it impossible to slip down behind) you see a precipice in front, in which case any risk of personal injury is preferable to remaining still.

A necessary precaution in a gig is never to sit with the feet under the body, but always to have one, if not both, out before it.

The worst accidents to coaches arise from broken axle-trees, and wheels coming off on the road.—The axle-tree should, therefore, be carefully examined every time it is fresh greased. It should also be removed once in ten days, a string being put through the bolt that receives the linch-pin, to hang it up and cleanse it; the person

Be polite, and all will be charmed with your manners.

Just praise is only a debt, flattery a present.

The poor are the receivers of Christ's rents.

doing this should then strike it with a hammer, when, if uncracked and sound, it will ring like a bell. The coachman should then see that it is properly screwed on. It is, unfortunately, too much the habit to leave these important matters to careless attendants, and the result is often loss of limb or life.

Accidents happen also from want of attention to the security of the bridle.—The throat-lash, therefore, should be as tight as can be allowed without injuring respiration. Otherwise there is always danger of the bridle being pulled off.

Accidents, moreover, occur from galloping coach-horses down hill or on even ground.—If a carriage is injured by another running against it, the driver should ascertain whose carriage has done the mischief, and let his coachmaker give an estimate of the charge for repairing it; but, before he has it done, he should let the person who injured it see the mischief and pay the charge.

Cautions in Case of Alarms in Churches and Theatres.

ALARMS, whether with reference to fire or the falling of galleries, are often raised without due cause, often from a circumstance of the most trifling nature, and sometimes from mischief. In most cases, accidents occur from yielding too easily to alarm. When a cry of fire, or falling of galleries, is raised, sit still, and remain tranquil until the assemblage is allowed to disperse in the usual way. If there should be any real cause of alarm, it is much safer to sit still than to run the risk of being crushed in a crowd of panic-struck people.

Cautions against the Skin of Raisins.

IT has been noticed that several children have died from convulsions produced by eating the skins of raisins. Dr. Dewees, of Boston, United States, mentions the deaths of three children from this cause, and remarks that there is no stomach, unless it be that of the ostrich, that can master the skin of the raisin.

A well-bred man is always social and complaisant.

Precepts are the rules by which we ought to square our lives.

The more servants a man keeps the more spies he has around him.

Prayer.

O H, sweeter than the marriage-feast,—
 'Tis sweeter far for me,—
 To walk together to the kirk
 With a goodly company !—
 To walk together to the kirk,
 And all together pray ;
 While each to his great Father bends,
 Old men, and babes, and loving friends,
 And youths, and maidens gay !—COLERIDGE.

How to acquire High Health.

MR. WALKER, in the "Original," lays down the following injunctions :—First study to acquire a composure of mind and body. Avoid agitation of one or the other, especially before and after meals, and whilst the process of digestion is going on. To this end, govern your temper,—endeavour to look at the bright side of things,—keep down as much as possible the unruly passions, discard envy, hatred, and malice, and lay your head upon your pillow in charity with all mankind. Let not your wants outrun your means. Whatever difficulties you have to encounter, be not perplexed, but only think what is right to do in the sight of Him who seeth all things, and bear without pining the results. When your meals are solitary, let your thoughts be cheerful ; when they are social, which is better, avoid disputes, or serious arguments, or unpleasant topics. "Unquiet meals," says Shakspeare, "make ill digestions ;" and the contrary is produced by easy conversation, a pleasant project, welcome news, or a lively companion. I advise wives not to entertain their husbands with domestic grievances about children or servants, nor to ask for money, nor propound unreasonable or provoking questions ; and advise husbands to keep the cares and vexations of the world to themselves, but to be communicative of whatever is comfortable, cheerful, and amusing. Self-government is the best step to health and happiness.

Civility attracts the regard of men.

Excess of ceremony shows want of breeding.

He who does a good turn should never remember it.

Poisoned Confectionary.

A SHORT time since an inquest was held at Ashford on two brothers who were poisoned by eating the ornaments of a twelfth-cake. Professor Taylor, on making an analysis of the stomachs of the deceased children, found a large quantity of arsenic, which had caused death. He had recently known twelve fatal cases arising from children eating these ornaments.

To prevent the Edges of Nails from growing into the Quick.

ON the first indication of the nail penetrating the quick, it may be prevented, if early attended to, by bathing the feet in warm water, and gradually raising up that part which seems disposed to enter the quick, and introducing a piece of lint under it. The nail will then take a different direction, and the evil will be remedied. In the adult nails, which take this disposition, the centre of the nail is to be scraped longitudinally, nearly down to the quick. The foot is then to be placed in warm water, and the penetrating parts raised out, which will now be the more easily effected in consequence of being scraped. This being done, pieces of lint are to be introduced and retained there until the edge of the nail is diverted into its proper course.

Ordering of Expenses.

ORDER is necessary to economy, and we cannot more certainly create a taste for order than by showing early its advantages in practice, as well as in theory. It is difficult for an open and easy nature to keep within the compass of his fortune; either shame to be observed behind others, or else a vain-glorious desire to out-do them, leaks away all, till the vessel be empty or low; so that nothing involves a man in greater unhappiness than a heedless mis-spending. It quite alters the frame and temper of the mind. When want comes, he that was profuse easily grows rapacious. It is an unhappy state thus to be compounded of ex-

There is no true greatness without virtue.

No man should be confident of his own merit.

Many take less care of conscience than their reputation.

tremes, to be impatient both of plenty and of want. It is a kind of monster-vice, in which covetousness and prodigality mingled dwell together, and one of them is always gnawing. It puts a man upon the stretch, and will not suffer him to lie at ease. On the other hand, a sordid parsimony lays a man open to contempt: who will care for him that cares for nobody but himself? or, who will expect anything of favour or friendship from him that makes it his masterpiece to scrape from all within his gripe or reach? In expenses we should be neither pinching nor prodigal. With the wise, it is no disgrace to make a man's ability his compass of sail and line to walk by. There is no gallantry beyond what is fit and decent.

Hints about the Arrangement of Gardens.

MR. KEMP, the landscape-gardener at Birkenhead Park, gives some excellent practical observations on gardens, which deserve consideration. He very truly observes, that the most prevalent mistake of those who lay out gardens for themselves is *attempting too much*. A mind unaccustomed to generalise, or to take in a number of leading objects at a glance, finds out the different points embraced in landscape-gardening one by one, and, unable to decide which of them can most suitably be applied, determines on trying to compass more than can really be obtained. One thing after another is, at different times, observed and liked, in some similar place that is visited, and each is successively wished to be transferred to the observer's own garden, without regard to its fitness for the locality, or its relation to what has previously been done. The practice of cutting up a garden into mere fragments is the natural result of such a state of things. There are several ways in which a place may be frittered away, so as to be wholly deficient in character and beauty. It may be too much broken up in its *general arrangement*; and this is the worst variety of the fault, because least easily mended and most conspicuous. A place may likewise, and easily, be too much carved up into detached portions, or overshadowed, or reduced in apparent size, by planting

Our follies and vices help one another.

He that lives in pleasure is dead while he lives.

Better is a portion in a wife than with a wife.

too largely. Trees and shrubs constitute the greatest ornament of a garden ; but they soon become disagreeable when a place is overrun with them, by contracting the space, and shutting out light, and rendering the grass imperfect, and the walks mossy. Nothing could be more damp, and gloomy, and confined, than a small place too much cumbered with plantations.

In the immediate neighbourhood of a house, moreover, it is particularly desirable that trees and shrubs should not abound. Independent of darkening the windows, they communicate great dampness to the walls, and prevent that action of the wind upon the building, which alone can keep it dry, comfortable, and consequently healthy.

Another mode, in which the effect of a garden may be marred by too much being aimed at, is in the formation of *numerous flower-beds*, or groups of mixed flowers and shrubs upon the lawn. This is a very common failing, and one which greatly disfigures a place ; especially as, where intended only for flowers, such beds usually remain vacant and naked for several months in the year. Flower-beds, too, when introduced in any quantity on a small lawn, have an exceedingly artificial appearance, reminding one of the character common to children's gardens.

A still more striking interruption to that beautiful continuity, which does so much in the way of producing size and expression, occurs when *unnecessary divisions* are introduced into a place. Not only are these formal divisions mostly inadmissible in a limited space, but all kinds of separating lines, though varied and broken in the most artful manner, must be condemned as a rule, unless where the place is tolerably large.

A *multiplicity of walks*, beyond what are absolutely requisite, is very undesirable in a small piece of ground. Walks that have no definite, or sufficiently important object, are always to be avoided, as destroying the smoothness, continuousness, and extent of a lawn, and producing a poverty and meanness of general effect.

Simplicity, and an entire freedom from display, are necessary qualifications in the arrangement of gardens. Too much straining for effect is absurd.

The most deceitful are the most suspicious.

The greatest liars cannot bear that others should lie.

Ill qualities are catching as well as diseases.

Life.

IN such a world so thorny, and where none
 Finds happiness unblighted, or, if found,
 Without some thistly sorrow at its side,
 It seems the part of wisdom, and no sin
 Against the laws of love, to measure lots
 With less distinguished than ourselves, that thus
 We may with patience bear our mod'rate ills,
 And sympathise with others suffering more.

COWPER.

Excessive Mental Application.

NOT only are fatal effects to be apprehended from undue mental task-work, but also from that constant stretch of the mind, which attends an unduly anxious and watchful disposition. Irrational, and in some respects dangerous, as many of the habits of our ancestors were, it is questionable if they suffered so much from these causes as their successors do from virtuous, but overtasking exertions. To maintain what each man conceives to be a creditable existence, now requires such close and vigorous exertions, that more, we verily believe, perish in the performance of duties in themselves laudable, than formerly sank under fox-hunting, toast-drinking, and the gout.

It is in London, especially, that the frenzy of business shows itself. To spend nine hours at a time at work, without food and relaxation, is not only not uncommon, but an almost universal practice, among the citizens of London: from a breakfast at eight to a chop at five, they are never from business. Upon a stomach enfeebled by exhaustion, they then lay the load of a full meal, which perfect leisure would hardly enable them to digest.

A life thus spent is a mere fragment of what it ought to be. The means of obtaining pleasure have swallowed up the end.

Excessive application to study threw Boerhaave into a species of delirium for six weeks, and on one occasion gave a severe shock to the system of Newton. The life of Sir Walter Scott was shortened by his mental labour,

Appointments once made become debts.

Think as well as read, and when you read.

Reason is a very light rider, and is easily shaken off.

and that also of the celebrated Weber, whose sad exclamation in the midst of his numerous engagements can never be forgotten: "Would that I were a tailor, for then I should have a Sunday's holiday!"

Ventilation of Rooms.

THE small tin ventilators, consisting of a rotating wheel, which we sometimes see in window-panes, are quite useless, though it is often imagined, in consequence of their apparent activity, that they must be very effectual; but the fact is, that a very trifling current of air suffices to put them in motion, and the apertures for its escape are so small as to produce no effectual change in the air of the apartment: they are also as often in motion by the ingress as well as by the egress of air.

If a house consists of many stories, each landing may be supplied with a separate supply of pure air, by making apertures in the outward wall at such places; indeed, it would be well for every passage or corridor to have thus an independent supply. The openings for admitting the fresh air to apartments should be near the floor, behind the skirting, which should have perforated zinc, or the wood pierced with numerous small holes. The next operation is the withdrawal of the used air from apartments. A valve for this purpose, recommended by Mr. J. Toynbee, and very efficient when properly adjusted, may be used. It is a simple modification of Dr. Arnott's plan, and is thus described: It consists of a square iron tube, of from three to six inches diameter, and so long that the outer orifice should be flush with the wall of the apartment, and the inner one enter the chimney. These tubes are usually from four to six inches in length. At the orifice entering the room, there is either a plate of perforated zinc, or a piece of fine wirework, from the upper and back part of which hangs a piece of ordinary or oiled silk, which acts as a valve, so as to allow the warm and vitiated air to pass up the chimney, and prevent any smoke from entering the chamber.

In private apartments the management of the light is of great importance. In cases where gas is used, the

Religion should always begin in the family.

Regard your good name as your richest jewel.

To please all, mind your own business.

A restless mind gathers nothing but dirt and mire.

products of combustion should at once be led off; where candles and table-lamps are chiefly used, the products will be carried off by ventilation; but all fixed lights, suspended invariably beneath a certain portion of the ceiling, should have means by which their products are instantly removed. When a candle or single lamp is used in a well-ventilated apartment, the products diffused through the atmosphere above them will be led off by the ventilators. This may also be the case with gas, lustres or chandeliers suspended, as is usually the case, from the centre of the ceiling; but it is important that these—especially when much light is obtained from them—should be provided with separate foul-air ventilators.

In ventilating apartments great attention should be paid to that of bedrooms. Sir James Clarke remarks, "Nothing, indeed, can be constructed on a worse principle than the bedrooms in this country generally are. Their small size and their lowness renders them very insalubrious, unless well ventilated; and the case is rendered worse by the close windows, and by the thick curtains with which the beds are so carefully surrounded. The consequence is, that the occupants are breathing vitiated air almost one-half of their lives." In such cases it may well be said, "that the atmosphere in the morning smells more like that of a charnel-house, than an apartment fit for the repose of human beings." If people will not go to the expense of proper ventilators, let them, while absent in the day, have the windows opened, and at night, a small portion of the upper sash, say four or six inches, let down. To diffuse the air thus let in, a plate of perforated zinc eight or nine inches broad, and length sufficient to stretch across the windows, may be easily attached every evening. Care should be taken that the windows thus opened should not be situated right above the bed. Thick curtains should not be used. If the housewife thinks these unwholesome appendages absolutely necessary, let her adopt them of open gauze or net. We would (observes Mr. Burn, in his excellent remarks on "Practical Ventilation") recommend every one, in addition to the adoption of these plans, to ventilate the apartments by opening, on every possible occasion, their doors and win-

He is rich enough who has wherewithal to be charitable.

Religion is the best armour in the world.

dows. Too large a supply cannot be obtained. There is much nonsense promulgated about draughts. By exposing the body gradually to the influence of healthy currents, in process of time the system becoming more equally maintained in temper, changes are neither so frequent nor so deleterious in their effects. On this subject Dr. Reid says :—"It would be well for those who suffer from draughts and currents, and who constantly declaim against any movement of air, to consider that their bodies have been so formed, that the air never stagnates around them during life ; that a slow, but equal and continuous current ever moves round the living frame ; that it is not the mere *movement of air* which is the cause of offence, but the movement of air in proportions of a character uncongenial to the condition of the system at the moment, that even the most delicate ladies, who express their horror of draughts and currents, practically increase from time to time the movement of air that infringes upon them in warm atmospheres with their fans, producing an agreeable and refreshing atmosphere with air, which is oppressive and offensive when not assisted by their inordinate movement."

Hints about Flowers.—To preserve their Freshness.

IT is many years ago (observes a writer in the "Gardener's Chronicle") since we first saw in the drawing-room of a gentleman, in the hot, dry weather of the dog-days, flowers preserved day after day in all their freshness by the following simple contrivance :—A flat dish of porcelain had water poured into it. In the water a vase of flowers was set ; over the whole a bell-glass was placed, with its rim in the water. This was a "Ward's-case" in principle, though different in its construction. The air that surrounded the flowers being confined beneath the bell-glass, was constantly moist with the water that rose into it in the form of vapour. As fast as the water was condensed, it ran down the sides of the bell-glass back into the dish ; and if means had been taken to inclose the water on the outside of the bell-glass, so as to prevent its evaporating

There is no bitterness like self-reproach.

If you are not right towards God you can never be so towards man.

Rise from table with an appetite, and you will never sit down without one.

If you would have a faithful servant, serve yourself.

into the air of the sitting-room, the atmosphere around the flowers would have remained continually damp. The only difference between plants in a "Ward's-case" and flowers in the little apparatus just described, is this,—that the former is intended for plants to grow in for a considerable space of time, while the latter is merely for their preservation for a few days; and that the air which surrounds the flowers is always charged with the same quantity of vapour, and will not vary with the circumstances, and at the will of him who has the management of it. We recommend those who love to see plenty of fresh flowers in their sitting-rooms in dry weather to procure it. The experiment can be tried by inserting a tumbler over a rose-bud in a saucer of water.

Faded Flowers may be generally restored by immersing them half-way up their stems in very hot water, and allowing them to remain in it until it cools, or they have recovered. They must then be removed, the *coddled* portion of the stems cut off, and placed in clean cold water. In this way a great number of faded flowers may be restored, but there are some of the more fugacious kinds on which it proves useless.

To hasten the blowing of Flowers.—The following liquid has been used with great advantage: Sulphate or nitrate of ammonia, 4 oz.; nitrate of potash, 2 oz.; sugar, 1 oz.; hot water, 1 pint: dissolve and keep it in a well-corked bottle. For use, put eight or ten drops of this liquid into the water of a hyacinth glass or jar, for bulbous-rooted plants, changing the water every ten or twelve days. For flowering plants in pots a few drops must be added to the water employed to moisten them. The preference should be given to rain-water for this purpose.

Flowers produced in Winter.—This may be effected by taking up the plants, trees, or shrubs, in the spring, at the time when they are about to bud, with some of their own soil carefully preserved among the roots, placing them upright in a cellar till Michaelmas; when, with the addition of fresh earth, they are to be put into proper tubs or vessels, and placed in a stove or hot-house, where they must be every morning moistened or refreshed with rain-water.

Mystery is the only secrecy of weak and cunning men.

Sickness reminds us of our mortality.

Flowers in season.—Every flower may be supplied with its favourite soil with a little patience and observation. A light soil suits most descriptions very well, and earth, thoroughly well dug, and dressed yearly from a mound of accumulated leaves and soap-suds, will generally be found useful. A portion of sand should be mixed with it. All bulbs, carnations, pinks, auriculas, ranunculuses, &c., like a mixture of sand. Mix sand well into borders and plots of gardens, and you will not fail to have handsome flowers. The following list of common flowers appertaining to each month may assist in filling the borders of gardens :—

January.

Single anemones.
Winter cyclamens.
Michaelmas daisy.
Hepaticas.
Primroses.
Winter hyacinth.
Narcissus of the East.
Christmas rose.

February.

Single anemones.
Forward anemones.
Persian iris.
Spring crocus.
Single yellow gilliflower.
Single liverwort.
Winter aconite.
Hepaticas.

March.

Bulbous iris.
Anemones of all sorts.
Spring cyclamens.
Liverwort of all sorts.
Daffodils.
Crowfoots.
Spring crocus.
Hyacinths of all sorts.
Jonquils.
Yellow gilliflower.
Narcissus of several kinds.
Forward bears'-ears.
Forward tulips.
Single primroses of divers colours.

April.

Daisies.
Yellow gilliflowers.
Narcissus of all sorts.
Forward bears'-ear.
Spring cyclamens.
Saffron flowers.

Anemones of all sorts.

Iris.
Pansies.
Daffodils.
Double liverworts.
Primroses.
Honeysuckles.
Tulips.
Hyacinths.
Single jonquils.
Crown-imperial.
Yellow gilliflowers, double and single.
Pasque-flowers.
March violets.

May.

Anemones.
Gilliflowers of all sorts.
Yellow gilliflowers.
Columbines.
Asphodels.
Orange or flame-coloured lilies.
Double jacea, a sort of lychnis.
Pansies.
Peonies of all sorts.
Ranunculuses of all sorts.
Some irises, as those which we call the bulbous iris, and the chamæiris.
Cyanuses of all sorts.
Hyacinths.
Day lilies.
Bastard dittany.
Daisies.
Idly of the valley.
Mountain pinks.
Italian spiderwort, a sort of asphodel.
Poet's pinks.
Backward tulips.
Juliana, otherwise called English gilliflowers.

Of all virtues, Zeno made choice of silence.

In the morning think well of what you have to do.

Affected simplicity is refined imposture.

At night ask yourself what has been done through the day.

June.

Snap-dragons of all sorts.
Wild tansies.
Pinks.
Irises.
Roses.
Tuberoses.
Pansies.
Larkspur.
Great daisies.
Climbers.
Cyanuses of all sorts.
Fox-gloves of all sorts.
Mountain lilies.
Gilliflowers of all sorts.
Monks'-hoods.
Candy-tufts.
Poppies.

July.

Jessamine.
Spanish broom.
Basils.
Bell-flowers.
Indian jacea.
Great daisies.
Monk's-hoods.
Pinks.
Scabiusea.
Nigellas.
Cyclamens.
Lobel's catch-flies.
Lilies of all sorts.
Apples of love.
Comfrey.
Poppies.
Snap-dragons.
Double marigolds.
Amaranthuses.
Pinks of the poets.
Bee-flowers.
Sea-hollies.
Foxgloves.
Wild poppies.
Everlastings.
Roses.
Dittanies.
Bindweeds.
Lilies of St. Bruno.
Tricolours.
Squills.
Motherworts.
Climbers.
Oculus Christi.
Camomile.
Sunflowers.
Belvederes.
Gilliflowers of all sorts.
Hellebore.
Ox-eyes.

Thorn-apple.
Valerian.

August.

Oculus Christi, or starwort.
Belvederes.
Climbers of all sorts.
Apples of love.
Marvels of Peru.
Pansies.
Ranunculuses.
Double marigolds.
Candy-tufts.
Autumn cyclamens.
Jessamines.
Sunflowers, vivacious and annual.
Indian narcissus.
Foxgloves.
Cyclamens.
Passion-flowers.
Everlastings.
Tuberoses.
Monk's-hoods.
Indian pinks.
Bindweed.
Passvelours.
Great daisies.
White bell-flower.
Autumnal meadow-saffron.
Gilliflowers.

September.

Tricolours.
Love-apples.
Marvel of Peru.
Monk's-hoods.
Narcissus of Portugal.
Snap-dragons.
Oculus Christi.
Basils.
Belvederes.
Great daisies.
Double marigolds.
Monthly roses.
Tuberoses.
Amaryllis.
Autumnal narcissus.
White bell-flowers.
Indian pinks.
Indian roses.
Amaranthus.
Pansies.
Passion-flower.
Autumnal crocus.
Thorn-apple.
Carnations.
Ranunculuses planted in May.
Colchicums.

Rely not on opinions, but cling to your own conscience.

Neither make nor go to feasts.

October.

Tricolours.
 Oculus Christi.
 Snap-dragons.
 Pansies, sown in August.
 Passion-flower.
 Colchicum.
 Autumn crocus.
 Autumnal cyclamens.
 Monk's-hood.
 Indian pinks.
 Pass-velours.
 Double marigolds.
 Some pinks.

Amaryllis.

Autumnal narcissus.

November.

Snap-dragons.
 Double and single gilliflowers.
 Great daisies.
 Pansies, sown in August.
 Monthly roses.
 Double violets.
 Single anemones of all sorts.
 Winter cyclamens.
 Forward hellebore.
 Golden rod.

Consolation.

THE soul reposing on assured relief,
 Feels herself happy amidst all her grief;
 Forgets her labour as she toils along,
 Weeps tears of joy and bursts into a song.

COWPER.

To remove Animal Annoyances in Gardens.

HARES and rabbits gnaw the barks off the stems or lower branches of trees, and also the buds in season. To prevent the encroachments of these animals, the garden ought to be properly fenced; but if they get in notwithstanding, the trees may be saved by smearing the lower parts with a mixture of cow-dung, soot, and water, reduced to the consistency of thin paint; a smearing of tar or grease will answer the same purpose. Moles, rats, and mice, may be caught in their appropriate traps; moles, also, may be got rid of by placing slices of leek, garlic, or onion, in a green state, within their holes, as they have a great antipathy to the odour of these vegetables.

Birds are sometimes an annoyance, particularly when new-sown peas or seeds may be easily scratched up. But though in some instances injurious, it is believed, that, on the whole, their visits are beneficial; for they pick up large quantities of slugs, insects, larvæ, or caterpillars of different kinds. Wall-fruit may be preserved by nets, or by the more simple method of fixing horizontal lines of black worsted in front of the trees. Lines of worsted threads in which feathers are fastened are sometimes employed.

Defer not charities till death.

Spend the day well, and you will rejoice at night.

Learn the art of entertaining yourself wisely.

Insects are most destructive in their first condition of larvæ or caterpillars. In this state they should be removed by the hand from kitchen vegetables. To destroy the smaller kind of larvæ, fumigation of tobacco-smoke, by means of a fumigating bellows, is employed with advantage; and the plants are cleansed with a syringe and water.

A little salt destroys slugs and worms. In the "Gardener's Record," we find the following recipe for *destroying scale, thrips, and other insects*, that infest stove, greenhouse, hardy herbaceous plants, and also trees and shrubs in the open ground:—Prepare 1 hogshead of lime-water (use half a bushel of lime to this quantity of water), add 4lbs. of flour of sulphur, 6 quarts of tobacco-water, and 4lbs. of soft-soap; let the whole be well mixed and incorporated together, and applied by dripping or syringing, or, in the case of trees and shrubs, by squirting from an engine. Allow the composition to dry and remain on for about a week or ten days, then wash it off effectually with clean water.

Mode of destroying plant-lice or green-flies. When you intend to fumigate your plants in a house, pit, or frame, choose a still evening, and let your plants be quite dry. Place them closer together, and in the clear space thus obtained, put either an iron pan, or, if you have not such a thing, use a hard-burnt garden-pot; put in it a few red-hot cinders that do not smoke; upon these cinders put your tobacco, or tobacco-paper, rather damp. A cloud of smoke will immediately rise, and will soon fill the frame. Brown's fumigator is an excellent instrument for applying tobacco-smoke. As soon as you judge it to be well filled with smoke, remove the pan or pot, and carry it to the next frame, if you have more than one that requires smoking. Be extremely careful that the tobacco does not break out into a flame, as it is that which does the mischief. If you perceive a likelihood of blazing out, prevent it with a sprinkling of water, very gently applied. Cover up the frames with mats to keep in the smoke as long as possible. The next morning examine the aphides, or green-flies, and if you find any alive repeat the smoking the following evening. You may now thoroughly syringe the plants, and they will again thrive.

Use temporal things, but desire eternal.

Lose no time in executing your resolutions.

Meditate often upon eternity.

Fénelon's Advice to Housekeepers.

WOMEN run a risk in being extreme in everything ; it is good to accustom them from their very childhood, to have something under their government and management, to keep accounts, to see the manner of the market as to everything that is bought, and to understand how everything belonging to a family should be made fit for use ; but you must also have a care that housekeeping in them turn not to avarice : show them particularly all the absurdities of this passion. Say to them, "Take heed ; avarice gains but a little, and dishonours a great deal ; a reasonable person ought not to seek anything in a frugal and laborious life, but only to avoid the scandal and the injustice which attend a prodigal and a ruinous one." Tell them, moreover, it is often great gain to know how to lose when it is fit ; and that it is good order, and not sordid sparing, which brings in the great profits. Fail not to represent the great mistakes of such women who are intent upon saving an inch of candle, while they suffer themselves to be cheated in a steward of the main part of their estate. Do for neatness as you do for housekeeping : suffer nothing nasty or displaced in your house ; remember that nothing contributes more to comfort than to keep constantly everything in its place. This rule appears nothing, yet goes very far, if exactly kept. If you need anything, not a moment is lost in finding it ; there is no trouble, or dispute, or confusion. Good order is certainly one of the greatest parts of neatness. Nothing is more pleasing to the eye than to see this exact disposition of things. To these advantages add that of taking away, by this habit, from servants, those of idleness and confusion. And it is more than a little thing to render their service quick and easy, and to take from ourselves the impatience we feel when anything cannot be found.

Mothers should instruct their children, however young, in household matters. The disinterested affection of mothers often leads them to dispense with all assistance from their daughters in their domestic affairs, so long as they are in daily attendance at school, or, as

Endeavour to make peace among your neighbours.

Blame not before you examine the truth.

Strive not with a man without cause.

the common phrase is, whilst they are "getting their education." Where the school-hours are diligently employed, and the tasks laborious, and much time is required to prepare lessons at home, that it is particularly important that all the leisure a girl has should be wisely disposed of in healthful exercise; but far better would it be for her health that some of her time should be given to the stirring occupations of the household, than that she should be sitting over a frame of worsted or lacework, hurting her eyes, and wasting her time in making bead-bags, or some ornamental articles of dress, not worth a tithe of the pains bestowed upon them.

Hospitality.

MEASURE not (says Fuller) the entertainment of a guest by his estate, but thine own. Because he is a lord, forget not that thou art but a gentleman; otherwise if with feasting him, thou breakest thyself, he will not cure thy rupture, and perchance rather deride than pity thee. Occasional entertainment of men greater than thyself, is better than solemnly inviting them. Then short warning is thy large excuse; whereas, otherwise, if thou dost not overdo thine estate, thou shalt underdo his expectations, for thy feast will be but his ordinary fare. A king of France was often pleased in his hunting to wilfully lose himself, to find the house of a private park-keeper; where, going from the school of state affairs, he was pleased to make a play-day to himself. He brought sauce (hunger) with him, which made coarse meat dainties to his palate. At last the park-keeper took heart, and solemnly invited the king to his house, who came with all his court, so that all the man's meat was not a morsel for them. "Well," said the park-keeper, "I will invite no more kings, having learnt the difference between princes when they please to put on the vizard of privacy, and when they will appear like themselves, both in their person and attendants."

Perhaps there is no greater cause of ruin than a mistaken idea of hospitality, which is frequently a misnomer for mere ostentation.

Always defend the unfortunate.

Take heed of whom you speak, and to whom.

Men are not to be wrought upon when they are hot.

Drunkards.

IN a "Looking-glass for a Drunkard," published in 1652, we find, "A drunkard is the annoyance of modesty; the trouble of civility; the spoil of wealth; the destruction of reason. He is the brewer's agent; the ale-house benefactor; the beggar's companion; the constable's trouble. He is his wife's woe; his children's sorrow; his neighbour's scoff; his own shame. He is also a tub of swill; a spirit of sleep; a picture of a beast; a monster of a man."

Repentance.

WHAT sadder scene can angels view
 Than self-deceiving tears,
 Poured idly over some dark page
 Of earlier life, though pride or rage
 The record of to-day engage
 A woe for future years !—KEBLE.

Cautions in Boat Accidents.

IF upset in a boat, or in any other way precipitated into the water, without being able to swim, draw in the breath, keep the mouth as well shut as possible, and do not throw about with your arms. Endeavouring to hold your head up, yield yourself to the buoyant powers of the water, and stretch out your hands, but only below, not above, the surface. Remember that the less you expose above the surface, the better are you buoyed up. Many persons are drowned merely from struggling and throwing up their hands.

Precautions against Lightning.

WHEN persons happen to be overtaken by a thunder-storm in the open air, it is customary for them to fly for shelter to any tree which may be near. This is highly dangerous, particularly if the tree is in a prominent situation, because the electrical fluid is more directly attracted to it. On an open bare moor, a single human body does not run any great risk. Men are more secure when wet than when dry—another

Let no jest intrude upon good manners.

Avoid vicious persons, for vice is infectious.

Never say anything that could offend modesty.

Take care of a reconciled enemy and an untried friend.

reason for not seeking the shelter of trees. All metallic bodies should be avoided when the atmosphere is charged with lightning. It is seldom dangerous out-of-doors to take shelter under sheds, carts, or low buildings, but it is better to avoid them. If from the rapidity with which the explosion follows the flash, it should be evident that the electric clouds are near at hand, a recumbent posture upon the ground is most secure. It is also prudent during a thunder-storm to avoid rivers, ponds, and all streams of water; for they are good conductors, and the height of a human being when connected with them is likely to determine the course of the discharge. Within doors, we are tolerably secure in the middle of a large carpeted room, or when standing upon a double hearth-rug. We should avoid the chimney, for the iron of and about the grate, the soot that lines it, and the heated and rarefied air that it contains, are all conductors, and may tempt the lightning to descend by that channel: upon the same principle, gilt-mouldings, bell-wires, and other metallic surfaces, are in danger of being struck. In bed we are comparatively safe, for feathers and blankets are bad conductors, and we are, consequently, to a certain extent, insulated in such situations.

The cellar has been sometimes recommended as a particularly safe place of resort, and so it often is; but we sometimes find that the basement story of a house is that which principally suffers: of this the cause is not very evident, though it is customary to attribute it to the lightning having proceeded from the earth to the clouds, instead of traversing in an opposite direction. We are often told that there is no danger if a certain interval of time can be counted between the flash and the report of the thunder; this is true enough; indeed, if we can count at all we are safe.

Where persons have been killed by lightning, it has generally come upon them so suddenly as to leave no time for precaution; though it must also be admitted, that some have suffered from foolishly ridiculing the idea of danger, and wantonly exposing themselves to the storm; walking out to admire its grandeur, or insisting upon opening the windows to look out and observe it.

Let him that knows little, keep to that he knows best.

Prefer solid sense to wit.

Useful Hints on the Care of Clocks and Watches.

LONG and heavy pendulums are to be preferred in clocks. A light pendulum shows a clock to be badly constructed, or deficient in power. Steel rods are better than brass, well-seasoned and varnished wood than steel, and compensation-rods than either. The clock should be steadily fixed to the wall, or firmly placed on *three* feet, sufficiently far apart, so that the mechanism may be uninfluenced by the oscillations of the pendulum. Clocks are regulated by lengthening the pendulum to make them lose, or by shortening it to make them gain; this is very generally done by turning a nut or screw below the weight or *bob* of the pendulum, *to the right to gain, or to the left to lose*; or, if the screw is above the weight, the rule is *reversed*. Many French clocks, and a few old English ones, are liable to derangement in striking, unless the hands are moved rapidly *forward*. The hands of English clocks, in general, may be turned either way without injury, and the same with a watch, unless it has an alarm. An intelligent, careful man may be safely trusted with the cleaning or repairing of clocks, while a diversity of talent and experience is necessary to qualify him for the manipulation of watches.

Watches should ordinarily be cleaned every second or third year; small, flat, or complicated ones oftener. All require care in handling. They should be regularly wound as nearly at the same hour as possible; and while being wound, should be held steadily in the hand, so as to have no circular motion themselves. Be careful that your key is in good condition, as there is much danger of injuring the machinery when the key is worn or cracked. There are more main-springs and chains broken through a jerk in winding, than from any other cause. All the metals contract and expand by heat, it must therefore be manifest that to keep the watch as nearly as possible at one temperature is a necessary piece of attention. When hung up, let the watch have support, and be perfectly at rest; or when laid horizontally, let it be placed on a soft substance for more general support, otherwise the motion of the balance

Never triumph over any man's imperfections.

Be slow in choosing a friend, and slower to change him.

In marriage prefer virtue to beauty.

will generate a pendulous motion of the watch, causing much variation in time. Should a watch vary by heat or cold, as when worn or not worn in the pocket, the hands may be set to time; but the regulator should not be altered, if set to the ordinary temperature of the season. Compensation-watches, if properly constructed, do not so vary. A trial even of a year or two is no proof of the substantial worth of a watch. Dealers themselves may be deceived. Repeaters are expensive to repair. Watches showing seconds are often useful, and, if well made, are neither expensive nor easily deranged. A watch may be handsome, yet bad, but a good watch is seldom unsightly. The covers of hunting-watches will not protect the glass when the hunters are very flat.

The Way to Wealth.

THE way to wealth, observes an old author, is open to all who are industrious and frugal, both with respect to their money and time; for time well employed is certain to bring money, as money well spent is certain of gaining more. Lay down a regular estimate of your time, and what you must do in every particular hour, and every particular day, and you will in one month acquire habits of punctuality which will be astonishing even to yourself, and which will gain for you a character for accuracy that cannot fail to raise your credit,—the prize that all aim at, though but few obtain. A punctual man is sure to be respected, and he is almost sure of thriving and becoming rich; for punctuality comprehends industry and foresight—two of the most powerful instruments of procuring wealth.

On the same subject, Dr. Franklin says,—Remember this, “the good paymaster is lord of another man’s purse;” he that is known to pay punctually, and exactly to the time he promises, may at any time, and on any occasion, raise all the money his friends can spare. This is sometimes of great use. After industry and frugality, nothing contributes more to the raising of a young man in the world than punctuality and justice in all his dealings: therefore never keep borrowed

Be courteous to all, but intimate with few.

Never ante-date your own misfortunes.

Slight no man for his poverty.

money an hour beyond the time you promised, lest a disappointment shut up your friend's purse for ever.

Beware of thinking all your own that you possess, and living accordingly. It is a mistake that many people who have credit, fall into. To prevent this, keep an exact account, for some time, both of your expenses and your income. If you take the pains at first to mention particulars,—it will have this good effect—you will discover how wonderfully small trifling expenses mount up to large sums, and will discern what might have been, and may for the future be saved, without occasioning any great inconvenience.

In short, the way to wealth, if you desire it, is as plain as the way to market. It depends chiefly upon two words—*industry* and *frugality*; that is, waste neither *time* nor *money*, but make the best use of both. Without industry and frugality, nothing will do, and with them, everything. He that gets all he can honestly, and saves all he gets (necessary expenses excepted), will certainly become *rich*—if that Being who governs the world, to whom all should look for a blessing on their honest endeavours, doth not, in His wise providence, otherwise determine.

The Good Points of a Cow.

A WRITER in the "Farmers' Magazine," a few years ago, presented the following doggerel lines, as combining what are popularly considered the good points of a cow, such as is common among the short-horned breeds of Yorkshire:—

"She's long in her face, she's fine in her horn,
She'll quickly get fat without cake or corn;
She's clean in her jaws, and full in her chine,
She's heavy in flank, and wide in her loin.
She's broad in her ribs, and long in her rump,
A straight and flat back, without e'er a hump;
She's wide in her hips, and calm in her eyes,
She's fine in her shoulders, and thin in her thighs.
She's light in her neck, and small in her tail,
She's wide in her breast, and good at the pail;
She's fine in her bone, and silky of skin,—
She's a grazer's without, and a butcher's within."

Cheerfulness lengthens the days of man.

Insult not over misery, nor deride infirmity.

In all your gifts show a cheerful countenance.

Qualities of the Dairy Cow.

MR. AITON mentions the following as the most important qualities of the dairy cow:—"Tameless and docility of temper greatly enhance its value. One that is quiet and contented, feeds at ease, does not break over fences, or hurt herself or other cattle, will always yield more milk than those who are of a turbulent disposition. To render them docile, they ought to be gently treated, frequently handled when young, and never struck or frightened. Some degree of hardness, however, a sound constitution, and a moderate degree of life and spirits, are qualities to be desired in a milch cow, and what those of Ayrshire generally possess. Some have thought that a cow living on a small quantity of food was a valuable quality, but that will depend on the quantity of milk given by the cow that eats little compared with those that eat much. If the cow that eats little gives as much milk as the one that eats more, it is certainly a valuable quality; but of this I entertain doubts, which forty years' experience and observation have served to confirm. Speculative writers affirm that some cows will fatten as well, and yield as much milk, when fed on coarse, as others will do on rich food. Cows that have been reared and fed on coarse pasture, will yield some milk of a good quality, and from which the best butter may be extracted; while a cow that has been reared and fed on much better pasture, would, if turned on that which is bad, give scarcely any milk. But if a cow that has been accustomed to feed on bad pasture be put on that which is better, she will greatly increase in milk, and fatten much faster. If two cows of the same age and condition, and which have been reared and fed on food of equal quality, are put the one on bad food, and the other on that which is good, the latter will yield four times the milk, and fatten four times faster, than the former. A cow need not always be fed on green clover, cabbages, and cauliflower; but she will neither fatten nor yield milk if she gets no better fare than rushes, bent, and sage grass.

"The cow is at her prime at from four to six years, and declines into old age at ten or eleven years, when

In all matters of religion let duty be the motive.

It is easier to preserve health than to recover it.

All objects lose by too familiar views.

it is customary to fatten her for market. Dairymen in selecting cows prefer those which have had their third or fourth calf when they have attained their fifth or sixth year."

Hints for the Dairy.

DR. ANDERSON, in his "Recreations," gives the following suggestions to those who keep cows:—
 "Cows should be milked as near the dairy as possible, in order to prevent the necessity of carrying and cooling the milk before it is put into the creaming dishes. Every cow's milk should be kept separate, till the peculiar properties of each are so well known as to admit of their being classed, when those that are most nearly allied may be mixed together. When it is intended to make butter of a very fine quality, reject entirely the milk of all those cows which yield cream of a bad quality, and also keep the milk that is first drawn from the cows at each milking, entirely separate from that which is last obtained, as the quality of the butter must otherwise be greatly debased without materially augmenting its quantity. For the same purpose, take only the cream that is first separated from the first drawn milk. Butter of the very best quality can only be economically made in those dairies where cheese is also made; because in them the best part of each cow's milk can be set apart for throwing up cream; the best part of this cream can be taken in order to be made into butter, and the remainder, or all the rest of the milk and cream of the dairy, can be turned into cheese. The spontaneous separation of cream, and the production of butter, are never effected but in consequence of the production of acid in the milk. Hence it is, that where the whole milk is set apart for the separation of cream, and the whole of the cream is separated, the milk must necessarily have turned sour before it is made into cheese; and no very excellent cheese can be made from milk which has once attained that state. Milk which is put into a bucket, or other vessel, and carried in it to a considerable distance, so as to be much agitated, and in part cooled before it be put into the milk-pans to settle for cream, never throws

Small expenses insensibly waste a large revenue.

Do not lose a certainty for an uncertainty.

All countries are a wise man's home.

up so much or so rich cream as if the same milk had been put into the milk-pans directly after it was milked."

The dairy should be kept cool, airy, dry, and free from vermin of every kind. To prevent the intrusion of flies, the windows or ventilators ought to be covered with a fine wire gauze. The ceiling should be at least eight feet from the floor. A slate roof is preferable to one of tile. Cleanliness is indispensable. Every article in which milk is placed, especially when made of wood, ought to be washed in boiling water, with a little soda or lime dissolved in it. If milk should happen to sour in any dish, the acid thus generated will injure any which may afterwards be put into it; but if washed with water in which an alkali has been dissolved, the acid will be destroyed.

Directions in Milking Cows.

A WRITER in the "Farmers' Magazine," gives the following useful instructions to the dairy-maid:—"Go to the cow-stall at seven o'clock, take with you *cold water* and a sponge, and wash each cow's udder clean before milking; douse the udder well with *cold water*, winter and summer, as it repels heat. Keep your hands and arms clean. Milk each cow as dry as you can, morning and evening, and when you have milked each cow as you *suppose* dry, begin again with the cow you first milked, and drip them each; for the principal reason of cows failing in their milk is, from negligence in not milking the cow dry, *particularly* at the time the calf is taken from the cow. Suffer no one to milk a cow but yourself, and have no gossiping in the stall. Every Saturday night give in an exact account of the quantity of milk each cow has given in the week."

Cows are milked twice or thrice a-day, according to circumstances. If twice, morning and night; if thrice, morning, noon, and night. They should not go too long unmilked, for independently of the uneasiness of the poor animal, it is severely injurious.

By attention to these directions those who keep cows will experience little trouble with them. Cattle, and, indeed, everything, will suffer from the slightest neglect.

No evil action can be well done.

Nothing violent is of long continuance.

Mean freedom is better than golden servitude.

The Wisdom of Old.

WHAT silly old men our fathers were,
 What stupid lives they led !
 They rose with the sun, they dined at noon,
 And at nine they went to bed.
 Their day began by break of morn,
 But ours begins at dark ;
 And they never, in carriages *closed*, rode out
 To take the air in the park.

Economical Greenhouses.

MUCH of the produce of the greenhouse may be procured at half the expense by the use of the pit, which requires no other glass than the sashes which form its roof. Small salading may be produced in it throughout the whole winter. Chicory roots may be made to throw out their blanched leaves, which form the most delightful of all winter salads, tart-rhubarb, or sea-kale, may be forced in pots, as may be parsley, mint, and other herbs. Bulbs may be forced, and a bloom of China roses may be kept up throughout the winter. But, perhaps, the most important use to which such a pit can be applied, in a small suburban garden, is to preserve throughout the winter and bring forward in spring, *fuschias*, *salvias*, *verbenas*, and other fine exotic flowers, and also half-hardy and tender annuals for turning out into the flower-garden, or into the miscellaneous border in the beginning of summer.

Candour.

MY way must be straight on. True with the tongue,
 False with the heart, I may not, cannot be ;
 Nor can I suffer that a man should trust me,
 As his friend trusts me, and then hull my conscience
 With such low pleas as these :—" I ask'd him not :
 He did it all at his own hazard, and
 My mouth has never lied to him." No, no !—
 What a friend takes me for that I must be !

COLERIDGE.

Do good for your own sake.

A good cause makes a courageous heart.

One may be a good adviser, though an ill solicitor.

Auctions.

THERE is nothing more detrimental to the interests of young housekeepers than a hankering after auctions. Persons are apt to bid for things they do not want, or what, at all events, they may dispense with under the supposition that they are getting a great bargain, when, in almost every case, the fact will turn out the reverse. People are apt, too, to be made discontented with their own homes, when viewing the luxurious furniture of some neighbour, without considering that it has been probably brought to the hammer in consequence of a course of extravagance; for those who have handsomely furnished apartments are anxious to show them, and induced to invite company, and involve themselves in the concomitant expenses. It is, therefore, far better to purchase any requisite article of a respectable tradesman than to attend sales with the view of getting it cheap; for the brokers are ever on the watch on such occasions, and it is rarely that any article is sold much below its value, unless some blemish is palpable to their keen eyes, and which will become apparent after a little time when there is no remedy.

Real Happiness.

IF solid happiness we prize,
 Within our breast this jewel lies;
 And they are fools who roam:
 The world has nothing to bestow;
From our own selves our joys must flow,
 And that dear hut—our home!—COTTON.

Mutual Forbearance.

THE venerable Philip Henry, when his son Matthew (the commentator) was married, sent the following lines to the wedded pair:—

“Love one another, pray oft together, and see
 You never both together angry be;
 If one speak fire, t’other with water come:
 Is one provok’d?—be t’other soft and dumb.”

Prayer has never hindered any work.

He that shoots in jest may kill in earnest.

He that would go several ways stands still.

Smoky Chimneys.

IN attempting (observes Mr. Burn) to cure smoky chimneys, defective supplies of air to the apartments will be found to be the generally prevailing cause. Some flues may be too small to allow all the products of combustion to go easily off: this, however, will be an exception to the general rule. Chimneys are almost invariably too wide. If, however, they are too small, the only way to remedy the evil is to lengthen the flue. This should be done with stone or brick, never, in any case, employing long tin or iron tubes, as is too often done. These being good conductors, the heated currents in them are rapidly cooled. If, however, iron tubes are considered cheapest, let the inner one be inclosed by an outer tube, leaving an inch or an inch and half space between them, which should be filled with non-conducting material, as lime, sand, horse-hair, animal charcoal, &c.

Cleaning Wood-work.

WHERE painted wainscot or other wood-work requires cleansing, fuller's-earth will be found cheap and useful; and, on wood not painted, it forms an excellent substitute for soap. Where extreme nicety is required, use a mixture of one pound of soft soap, two ounces of pearlash, one pint of sand, and one pint of table-beer: simmer these substances in a pipkin, over a slow fire, and let them be well mixed. The mode of application is to put a small quantity in flannel, rubbed on the wainscot, wash it off with warm water, and dry thoroughly with a linen cloth.

Treatment of Oil-cloth.

OIL-CLOTH ought never to be wetted—if it can be possibly avoided—but merely to be rubbed with a flannel, and polished with a brush of moderate hardness, exactly like a mahogany table, and by this simple means the fading of the colours, and the rotting of the canvas, which are inevitably attendant upon the oil-cloth being kept in a state of moisture or dampness, are entirely avoided.

In nature nothing is superfluous.

The strongest heads are commonly the weakest.

Counsel and wisdom achieve more than sense.

Gold Fish.

THESE beautiful creatures, being originally from a warm climate, require to be kept in apartments of a genial temperature. The water in which they live should be changed daily, and should not be given in a cold state, but allowed to stand in a warm room for an hour before being put into the globe : this precaution may not be necessary in summer. The food given may consist of small crumbs of bread and small flies ; the fish are fond of the blows of the bluebottle-fly : a little duckweed may be offered on the surface of the water.

Food for Cage Birds.

CANARIES, goldfinches, and siskins, live only on seeds. Quails, larks, chaffinches, and bullfinches, feed on both seeds and insects. Nightingales, red-breasts, thrushes, and blackbirds, take berries and insects. A mixture of crushed canary, hemp, and rape-seed, is the favourite food of canaries ; goldfinches and siskins prefer poppy-seed, and sometimes a little crushed hemp-seed ; linnets and bullfinches like the rape-seed alone. It is better to soak it for the young chaffinches, bullfinches, and others ; in order to do this, as much rape-seed as is wanted should be put into a jar, covered with water, and placed in a moderate heat, in winter near the fire ; in summer in the sun. If this is done in the morning, after feeding the birds, the soaked seed will do for the next morning. All of them ought to have green food besides, as chickweed, cabbage-leaves, lettuce, endive, and water-cresses. Sand should be put in the bottom of the cages, as it seems necessary for digestion. Quails like cheese and crumbs of bread ; the lark, barley-meal, with cabbage, chopped cress, poppy-seed mixed with bread-crumbs, and in winter oats ; the chaffinches, rape-seed, and sometimes, in summer, a little crushed hemp-seed. Too much of the latter, however, is hurtful to birds, and should only be given occasionally. Yellow-hammers like the same food as the larks, without the vegetables ; the tits like hemp-seed, pine-seed, bacon, meat, suet, bread, walnuts, almonds, and filberts. Beckstein, from whom we have

Money makes more enemies than friends.

Diamonds have flaws and roses have prickles.

A divided family can never stand.

gathered the above hints, describes two kinds of paste, which may be termed a universal food for birds. To make the first paste,—take a white loaf, which is well baked and stale, put it into fresh water, and leave it there until quite soaked through, then squeeze out the water, and pour boiled milk over the loaf, adding about two-thirds of barley-meal, with the bran well sifted out, or, what is still better, wheat-meal; but, as this is dearer, it may be done without.

For the second paste,—grate a carrot very nicely (this root may be kept a whole year, if buried in sand), then soak a small white loaf in fresh water, press the water out, and put it and the grated carrot into an earthen pan, add two handfuls of barley or wheat-meal, and mix the whole well together in a pestle. These pastes should be made fresh every morning.

Advice in Purchasing a Horse.

MR. STEWART, in his excellent "Advice to the Purchasers of Horses," gives the following admonitions:—In buying a horse, one of the chief requisites to be attended to is the degree of nervous energy which the animal possesses; and it is the union of this energy with good conformation that makes many horses invaluable. Its absence or presence, however, is not likely to be discovered by the purchaser without a trial; and to avoid disappointment in this respect, it is advisable, therefore, to obtain one prior to purchase. The horse should be set to the work he will have to perform, and if he is intended for the saddle or single harness, he should have no companion on his trial, for many horses work well in company that are downright sluggards when alone.

Some horses have an unpleasant way of going, or are difficult to manage, or have some vice which is only displayed when at work. These are so many more reasons for having a trial prior to striking a bargain. But if that cannot be obtained, some sort of conclusion regarding the animal's spirit may be drawn from his general appearance. The way he carries his head, his attention to surrounding objects, his gait, and the lively motion of his ears, may all or each be looked to as

Precipitation ruins the best-laid plans.

Those can best bear reproof who merit praise.

He that hinders not mischief, is guilty of it.

It is easier to avoid a fault, than to acquire perfection.

indicative of "bottom" or willingness to work. It is only, however, in a private stable, or in that of a respectable dealer, that these criteria can be depended upon; for in a market-place the animal is too much excited by the cracking of whips, and the too frequent application of them, to be judged of as regards his temper. Neither must the buyer be thrown off his guard by the animation which horses display at an auction, or on coming out of the stable of a petty dealer; for it is a fact, which cannot be made too well known, that there are many unprincipled dealers who make it their business, before showing a horse, to "put some life in him;" that is, they torture him with the lash, till, between pain and fear, the poor animal is so much excited as to bound from side to side with the utmost agility at the least sound or movement of the bystanders.

The head, as being a part not at all contributing to progression, should, in the saddle-horse, be small, that it may be light,—the nostrils expanded to admit plenty of air, and the space between the branches of the lower jaw, called the channel, should be wide, that there may be plenty of room for the head of the windpipe. In the draught-horse a heavy head is not, as far as utility is concerned, an objection, for it enables him to throw some weight into the collar; and hence, excepting its ugliness, it is rather an advantage if he is used entirely for draught. But it makes the saddle-horse bear heavy on the hand of the rider, makes him liable to stumble, and when placed at the end of a long neck, is apt to wear out the fore-feet and legs by its great weight.

The neck of the saddle-horse should be thin, not too much arched, and rather short than long, for the same reason that the head should be light; and, in the draught-horse, it may be thick, stallion-like, and sufficiently long to afford plenty of room for the collar, and for the same reason that the head may be large in this animal. The windpipe should be large and standing well out from the neck, that the air may have an easy passage to and from the lungs. The horse used for both carrying and drawing should have a head and neck neither too light nor too heavy.

That the saddle-horse may be safe, and have extensive

Remove the cause and the effect will cease.

A disease well known is half cured.

action, it is necessary that the withers be high. This advantage is indicated by the horse standing well up before ; and it is usual, in showing a horse, to exaggerate the height of the forehead, by making him stand with his forefeet on a somewhat elevated spot. A horse with low withers appears thick and cloddy about the shoulders.

The chest should be deep and wide in all horses, but especially so in one intended for quick work, in order that there may be plenty of room for those important organs the lungs. The back should not be too long nor too short ; for, though length is desirable for an extended stride and rapid motion, yet it makes the horse weak and unable to draw or carry any considerable weight. Minute attention should be given to the fore-legs and feet of saddle-horses. If the feet be not round and full, so as to stand firmly and flatly on the ground, and if tender or thin in the hoofs, the animal is not to be trusted.

Dr. Franklin's Hints to those that would be rich.

THE use of money is all the advantage there is in having money. For six pounds a-year you may have the use of one hundred pounds, provided you are a man of known prudence and honesty. He that spends a groat a-day idly spends idly about six pounds a-year, which is the price for the use of one hundred pounds. He that wastes idly a groat's worth of his time per day, one day with another, wastes the privilege of using one hundred pounds a-year. He that idly loses five shillings' worth of time loses five shillings, and might as prudently throw five shillings into the sea. He that loses five shillings not only loses that sum, but all the advantages that might be made by turning it in dealing, which, by the time that a young man becomes old, will amount to a considerable sum of money. Again, he that sells upon credit asks a price for what he sells equivalent to the principal and interest of his money for the time he is to be kept out of it ; therefore, he that buys upon credit pays interest for what he buys ; and he that pays ready-money might let that money out to use ; so that he that possesses anything he has

All fools are not knaves, but all knaves are fools!

Have but one counsellor of a thousand.

Let reason guide every enterprise.

bought, pays interest for the use of it. Yet, in buying goods, it is best to pay ready-money, because he that sells upon credit expects to lose five per cent by bad debts; therefore he charges on all he sells upon credit an advance that will make up that deficiency. Those who pay for what they buy upon credit pay their share of this advance. He that pays ready-money escapes, or may escape, that charge.

Milton's Defence of Water.

OH, madness! to think the use of strongest wines
And strongest drink our chief support of health;
When God, with these forbidden, made choice to rear
His mighty champion,—strong above compare,—
Whose drink was only from the liquid brook!

Moral Duty of Life Assurance.

A WRITER in "Chambers's Journal" has well observed that it may be felt by many that their income is insufficient to enable them to spare even the small sum necessary as an annual premium for life-assurance. The necessities of the present are in their case so great, that they do not see how they can afford it. We believe there can be no obstacle which is apt to appear more real than this, where an income is at all limited; and yet it is easy to show that no obstacle is more ideal. It will be readily acknowledged by everybody who has an income at all that there must be some who have smaller incomes. Say, for instance, that any man has 400*l.* per annum; he cannot doubt that there are some who have only 350*l.* Now, if these persons live on 350*l.*, why may not he do so, too, sparing the odd 50*l.* as a deposit for life-assurance? In like manner, he who has 200*l.* may live as men do who have only 175*l.*, and devote the remaining 25*l.* to have a sum assured upon his life. And so on. It may require an effort to accomplish this, but is not the object worthy of an effort? And can any man be held as honest, or any way good, who will not make such an effort, rather than be always liable to the risk of leaving in beggary the beings whom he most cherishes on earth, and for whose support he alone is responsible?

Never do by proxy what you can do yourself.

Popularity has many snares and no real benefit.

Never defer what can be done at once.

My Own.

MY own ! my own ! oh, breathes there one
 To whom that simple word 's not dear ?
 Beats there a heart so drear and lone
 That holds not *some* loved object near ?
 Whose spirit, like the arkless bird,
 From all companionship hath flown ;
 And finds no gladness in that word,
 My own ! my own !—SWAIN.

Economy of the Tea-Table.

HOWEVER careful some servants may be to procure the best water, yet almost every kind of water in use, except rain-water, will speedily cover the inside of the kettle with an unpleasant crust. This may be easily guarded against by placing a clean oyster-shell in the kettle, which will always keep it in good order, by attracting the particles of earth, or of stone, or of such peculiar salts as the water may be impregnated with.

As a test in general to distinguish genuine tea from the sloe-leaf, let it be infused, and some of the largest leaves spread out to dry ; when the real tea-leaf will be found narrow in proportion to its length, and deeply notched at the edges with a sharp point ; whilst the sloe-leaf is notched very slightly, is darker in colour, rounder at the point, and of a coarser texture.

In preparing the tea, a good economist will be careful to have the best water ; that is, the softest and freest from foreign mixture. If tea be infused in hard and in soft water, the latter will always yield the greatest quantity of the tanning matter, and will strike the deepest black with the sulphate of iron in solution ; consequently, according to the technical term, it will always be found "to draw best."

In the management of the tea-urn, it may be observed, that a polished urn may be kept boiling with a much smaller quantity of spirits of wine than when a varnished or bronzed urn is used, so that a silver urn is absolutely an object of economy.

In order to make a good cup of tea, M. Soyer recom-

Sell not virtue to purchase wealth.

Strive not in matters that do not concern you.

The best err and the wisest are deceived.

mends that before pouring in any water, the tea-pot, with the tea in it, shall be placed in the oven till hot, or heated by means of a spirit-lamp, or in front of the fire (not too close, of course), and the pot then filled with boiling water. The result, he says, will be in about a minute a delicious cup of tea, much superior to that drawn in the ordinary way.

Tastes differ regarding the flavour of teas; some preferring all black, others all green, and many a mixture of both in different quantities, though most persons, when not fearful of their nerves, agree that fine hyson is the best. A good mixture, in point of flavour, we know to be two-fifths black, two-fifths green, and one-fifth gunpowder; all being, of course, of superior quality.

Presuming all ladies to be intimately acquainted with the mode of making tea, yet to some a few hints may be serviceable:—

First, never make tea in any other than a highly-polished tea-pot; for it is a chemical fact, that metal retains the heat longer than earthenware; and the better it is polished, the more completely will the liquid be kept hot, and the essence of the tea be extracted.

Secondly, see that the water be really boiling, not simmering, as is too commonly the case when taken from an urn, but kept either on the fire until boiled, or in one of those metal tea-kettles warmed by a spirit-lamp.

Tea retains its fine flavour better if kept in little tin canisters instead of a caddy. It is impossible to prevent the admission of air into caddies; therefore, it is better only to put a small quantity of tea into them at a time.

With regard to *coffee*, the best kind is always the cheapest. Burn it at home in small quantities, taking care in using a close roaster, never to fill it more than half. Turn the roaster slowly at first, more rapidly as the process advances, and keep up a lively fire by the repeated addition of chips or other inflammable materials, in small quantities. Burn it until of a light chestnut colour. Keep it in close canisters or bottles. Grind it as wanted. Boil it in a vessel only half full, to prevent boiling over, in the proportion of one ounce and a half to a pint of water. Put in a few hartshorn

Slander is the revenge of a coward.

shavings, or isinglass, if you will ; but if the coffee is taken off the fire whilst boiling, and set on again alternately, until nothing remains on the top but a clear bubble, and then some poured out to clear the pipe, and poured back again, it will be as fine as if cleared artificially. Long boiling does not make coffee stronger, but destroys its colour, and renders it turbid. In making coffee, the broader the bottom and the smaller the top of the vessel, the better it will prove.

Care of Books and Prints.

IN all repairs, both of books and of prints, whenever paste is necessary, it ought to be made of the freshest flour, well kneaded in cold water, and then boiled leisurely, adding a small quantity of powdered alum, when it will form a white transparent substance that will not discolour the finest india-paper. When the paste is to be used in book-binding, or in repairs where the colour is not material, the juice of aloes may be added, forming an infallible preventive against the ravages of the worm.

Ink-spots may be removed from books or prints, by the citric or oxalic acids, if carefully applied with a hair pencil ; muriatic acid must be avoided, as it both discolours the paper and rots it.

When books or copperplate prints require bleaching or cleansing, whether losing their colour by age or accident, the safest plan is to put them into the hands of a professed artist in town ; but the country resident, if he chooses to try one or two experiments upon books of little value, before he tries anything of value, may adopt the following process :—Form a bleaching liquid, by dissolving oxymuriate of lime in four times its quantity (by weight allowing a pint of water to be a pound) of warm water ; then take the book from its binding, place the leaves separately between plates of window-glass, fixing them vertically in a proper vessel, and then pour on the liquid, in which the paper must remain for four-and-twenty hours. The liquid must then be poured off, and the paper carefully rinsed in soft water, then dried, pressed, and the book rebound. As this process, though it removes writing-ink, does

Every tear has a cleansing virtue.

Take care to be an economist in prosperity.

Have a time and a place for everything.

not take out oil or grease, which would endanger the printing, it will be proper to remove those spots beforehand, thus :—First, soften the spot carefully by heat, and take up as much of the oil as blotting-paper will absorb ; after which apply the rectified oil of turpentine with a camel-hair pencil to the spot on both sides, until the turpentine unites with the oil, and forms a soap, which will come off with the brush as it is generated. Should the spots be taken out of a book, which does not otherwise require a general bleaching, the part thus cleansed may be restored to its pristine whiteness, by the application of a brush or pencil dipped in a mixture of spirits of wine, with half its quantity of sulphuric ether.

Advice to Young Ladies.

MRS. ELLIS, in her admirable remarks on the character of young females, says truly, that “most young women of respectable parentage and education believe that they love virtue and hate vice. But have they clearly ascertained what virtue and vice are? Have they examined the meaning of these two important words by the light of the world, or by the light of divine truth? Have they listened to the plausible reasoning of what is called *society*; where things are often spoken of by false names, and where vulgar vice is distinguished from that which is sanctioned by good breeding? or have they gone directly to the eternal and immutable principles of good and evil, as explained in the Bible, which they profess to believe? have they by this test tried all their favourite habits, their sweet weaknesses, their darling idols? and have they been willing to abide the result of this test; to love whatever approaches that standard of moral excellence, and to renounce whatever is offensive to the pure eye of Omniscience? Now, when we reflect that all this must be done before we can safely give ourselves up either to love or hate, we shall probably cease to think that our great duty is so easily performed.

“There is, perhaps, no subject on which young women are apt to make so many and such fatal mistakes as in the regulation of their emotions of attraction and

If a man has a quarrelsome temper, let him alone.

The drunkard continually assaults his own life.

Temperance is a bridle of gold.

repulsion ; and chiefly for this reason, because there is a popular notion prevailing amongst them, that it is exceedingly becoming to act from the impulse of the moment ; to be what they call 'the creatures of feeling ;' or, in other words, to exclude the high attribute of reason from those very emotions which are given them, especially to serve the most exalted purposes. 'It is a cold philosophy,' they say, 'to calculate before you feel ;' and thus they choose to act from impulse rather than from principle.

"In order to make the best use of time, we must lay out beforehand the exact amount proportioned to every occupation in which we expect to engage. Casualties will perpetually occur demanding an additional allowance, and something must consequently be given up in exchange ; but still our calculations may generally be made with a degree of certainty which leaves no excuse for our being habitually at a loss what to do. Accustom yourself every morning to say what you are intending to do ; and every night, with equal faithfulness, to say what you have actually done during the day. If you find any material difference between what you have intended and what you have achieved, try to proportion them better, and the next day, either lay out for yourself, or, what is far better, endeavour to accomplish more.

"You should always be able to say what you are doing, and not merely what you are going to do. 'I am going to be so busy—I am going to get to my work—I am going to prepare for my journey—I am going to learn Latin—I am going to visit a poor neighbour.' These, and ten thousand other 'goings' with the addition of the word 'just' before them, are words which form a net-work of delusions by which hundreds of well-intentioned young persons are completely entangled. 'I am just going to do this or that good work,' sounds so much like, 'I am really doing it,' that the conscience is satisfied for the moment ; yet how vast is the difference between these two expressions when habit has fixed them upon the character ! To the same class of persons who habitually say, 'I am going,' rather than 'I am doing,' belong those who seldom know what they really are about ; who, coming into a

He that will not reflect is a ruined man.

The sting of a reproach is the truth of it.

The key to every man is his thought.

room for a particular purpose, and finding a book there by chance, open it, and sit down to read for half-an-hour or an hour, believing all the while that they are going to do the thing they first intended ; or who, setting out to walk for the benefit of their health, drop in upon a pleasant acquaintance by the way, still thinking they are going to walk, until the time for doing so has expired, when they return home, with cold feet and aching heads, half fancying that they have really walked, and disappointed that exercise has produced no better effect.

"Young persons are often beguiled into the dangerous habit of being a little too late, by the apparent unimportance of each particular transgression of the kind during the season of youth. If, for instance, they are a little too late for breakfast, the matron of the family commences operations without them, and they can easily gain time upon some of the senior members. At the dinner-hour it is the same. They have only to calculate upon a few impatient words and a few angry looks ; and it is not the least unfavourable feature of their case, that to such looks and words they become so accustomed as scarcely to heed them, nor is it often that they bring any more serious consequences upon themselves by their delay, because the young are generally so kindly assisted and cared for by their friends, that by a long, and patient, and often-repeated process of helping, urging, and entreating, they are, for the most part, got ready for every important occasion, or, in other words, are seldom left behind.

"The cleverness of the hand, though almost entirely neglected in modern education, except as relates to practice on the keys of the piano, is a qualification which, while it takes nothing away from the charm of feminine delicacy, imparts the additional charm of perpetual cheerfulness, added to a capability of general usefulness, and a consequent readiness for action whenever occasion may require our services. If I were asked which of the three qualities,—cleverness, learning, or knowledge,—was most valuable in a woman, and supposing all to have an equal accompaniment of good sense, good feeling, and good principle, I believe I should answer in favour of the first, provided the situation of

Well to judge depends upon well to hear.

Titles debase those who act not up to them.

Real thinkers are as scarce as gold.

the woman was in the middle rank of life, and she could not enjoy more than one of these valuable recommendations. In order to convey a more correct idea of my meaning when I speak of cleverness, I will simply add, that a woman possessed of this qualification is seldom at a loss what to do; seldom gives wrong orders; seldom mistakes the right means of producing the end she desires; seldom spoils, or wastes, or mismanages the works she undertakes; never hurries to and fro in a state of confusion, not knowing what is best to be done first; and never yields to her own feelings, so as to incapacitate her from the service of others, at any critical moment when her assistance may be most needed. Nor are her recommendations only of a negative kind. Her habitual self-possession is a positive good; her coolness, her promptitude, her power to adapt herself to circumstances, all give worth and dignity to her character in the estimation of others, while they afford peace and satisfaction to her own mind.

Care of Clothes.

AS clothes when laid up for a season are apt to acquire an unpleasant odour, which generally requires considerable exposure to the atmospheric air before it dissipates, it is advantageous to prevent it by a very simple process, which consists in depositing recently-made charcoal between the folds of the garment. Even where the odour has taken place, the charcoal will absorb all the unpleasant effluvia.

To drive away, or prevent the approach of moths, wrap up yellow or turpentine soap in paper, or place an open bottle containing spirits of turpentine within the wardrobe. But, as the smell of the latter may be unpleasant, sprinkle bay-leaves, or wormwood, or lavender, or walnut leaves, or rue, or black pepper in grains.

To remove stains from mourning dresses, take a good handful of fig-leaves, which must be boiled in two quarts of water until reduced to a pint. Squeeze the leaves and put the liquor into a bottle for use. The articles, whether of bombazine, crape, cloth, &c., need only be rubbed with a sponge, dipped in the liquor. Where

Time is the old justice that examines all offenders.

The tongue is the best part of man and the worst.

To choose time is to save time.

any reason exists to prevent the substance from being wetted, apply French chalk or powdered talc, which will absorb the grease from the finest texture without injury, if judiciously managed.

To restore colours. Boil the articles in a ley of equal parts of quick-lime and wood-ashes, rinsing them out in weak alum-water, and pressing them well when nearly dry; or wash them in water saturated with black soap and salt, rinsing them carefully, and pressing as before.

In dyeing faded articles of dress, the quality of the water should be attended to. It ought to be the softest and purest, and it will be proper to boil it before mixing the dye-stuffs, suffering it to cool under atmospheric exposure.

A macintosh cloak may be cleaned, and its freshness restored, by the following process:—Dip the garment in cold soft water; then, with a housemaid's scrubbing-brush and yellow soap, proceed to scrub it all over, having spread it out flat on a table. When the dirt is removed, dip it in repeated waters to get rid of the suds, *but do not wring it.* Hang it up in the air, or in an airy room, far from the fire, to drain and dry. Paint or grease-spots must be removed by scouring drops, or spirits of turpentine, but common soap will perform the rest; the dirtiest parts requiring the most scrubbing. This process will not injure the velvet collar or lining; the only thing to be avoided is *the use of hot water, or the fire in drying;* for either would cause the caoutchouc to melt.

Beaver and silk hats are frequently spotted after rain. To prevent this, shake the moisture as much as possible from the hat; then, with a clean linen cloth, wipe it very carefully, in its regular direction, and hang it at a distance from the fire to dry. Brush it next day with a soft brush for a considerable time, and the hat will experience no damage. If the gloss seem a little impaired, pass an iron, moderately heated, over it.

Calicoes, if badly washed, are more liable than linens to assume a yellow tinge. Many persons attempt to overcome this, by imparting a strong shade of blue, which makes the linen look much worse. The detergent properties of the lime-water act with energy upon

Open your mouth and purse cautiously.

A spark of fire helps to give life to the world.

He that hath a trade hath an estate.

cotton without injury, unless used too strong. Even the best-washed calicoes, if kept for a long time without being used, will become discoloured when placed in a dark drawer or closet, where no circulation of air or light can possibly reach them. They should, therefore, be taken out every week, and exposed in the daylight to a current of fresh air. This will not occasion much trouble, and will save the expense of washing and bleaching the articles when discoloured.

Young housekeepers should remember, that the duties of the washing-day ought not to be left to the discretion of the washerwoman, or under the sole inspection of house-maids. A look should now and then be given from a higher quarter, and if the women be accustomed to such examination at all hours of the day without previous notice, they will always be ready to meet it, and everything will be done in a more orderly and satisfactory manner.

For cleansing stuffs, rasped potatoes will be found very useful. The potato-liquid is thus made :—Wash raw potatoes until they are perfectly clean ; then peel them ; rasp the peeled potatoes into a tub of clean, soft water, in the proportion of a pound of potatoes to a pint of water. Press the liquid through a coarse sieve into another tub, containing the same quantity of clear water as the first. Let the mixture be stirred together : and it should then stand until the fine white particles of the potato sink to the bottom. The clear liquid is then cleared off, and is fit for use. The white powder at the bottom may be washed, dried, and used as arrow-root, or for culinary purposes. It is potato-starch. The coarser parts of the potato, which have not passed through the sieve will prove of great use in cleaning worsted curtains, tapestry, carpets, &c.

A little pipeclay, dissolved in the water employed in washing linen, cleans the dirtiest linen thoroughly, with about one-half the labour, and saving full one-half of the soap. The clothes will be improved in colour, equally as if they were bleached. Scald flannel before you make it up, as it shrinks in the first washing. Much of the shrinking arises from there being too much soap and the water being too cool. Never use soda for flannels. A pailful of ley, with a piece of green cop-

Trifles make perfection, but perfection itself is no trifle.

To ease trouble, set about doing good to somebody.

Trust him little who praises all.

peras, half as big as a hen's egg boiled in it, will be a fine *nankeen dye*, which will never wash out, and will be very useful for linings of furniture. Skimmed milk and water, with a bit of glue in it, made scalding hot, is excellent to restore *old rusty black Italian crape*; if clapped and pulled dry, like muslin, it will look as well or better than new. *China crape scarfs*, if the fabric be good, can be washed as frequently as may be required, and no diminution of their beauty will occur. Make a strong lather of boiling water, suffer it to cool; when cold, or nearly so, wash the scarf quickly and thoroughly, dip it immediately in cold hard water in which a little salt has been thrown (to preserve the colours); rinse, squeeze, and hang it out to dry in the open air, when the more rapidly it dries, the clearer it will be. To wash *chintz*, take two pounds of rice, and boil it in two gallons of water until soft; then pour the whole into a tub; let it stand till about the warmth you in general use for coloured linens; then put the chintz in, and use the rice instead of soap, wash it in this until the dirt appears to be out; then boil the same quantity as above, but strain the rice from the water, and mix it in warm, clear water; wash it in this until quite clean.

Management of Frame Plants.

IN the case of frame-plants (observes Mr. Glenney) or plants requiring less warmth than a green-house affords, the preparation of the frame is a most important matter. The bottom should be firm and impervious to water, so that it may be kept as dry as possible; for which end, it should slope in any one direction, so that water spilled in watering the plants may run into a gutter to be carried away outside the frame. The pots should stand upon a trellis a few inches from the floor; and this trellis is best made of narrow slips of wood, placed a little space apart. The sashes should be removed from such plants whenever the temperature is as high as thirty-four or five, except it be raining (in which case they must be kept on to keep the plants dry), or the wind is very keen and nipping. In these cases, the sashes should be tilted in

Aim at excellence, and excellence will be attained.

A hypocrite is under perpetual constraint.

"I will try," has wrought wonders.

such a way as to admit as little of the wet or wind as possible. As the mild spring weather draws on, such plants as these require no protection whatever: at that season they bear our climate.

Hospitality.

BLEST be the spot, when cheerful guests retire,
To pause from toil, and trim their evening fire !
Blest that abode, where want and pain despair,
And every stranger finds a ready chair !
Blest be those feasts with simple plenty crown'd,
Where all the ruddy family around
Laugh at the jest or pranks, that never fail,
Or sigh with pity at some mournful tale,
Or press the bashful stranger to his food,
And learn the luxury of doing good.

GOLDSMITH.

Much Wisdom in little.

KEEP good company or none. Never be idle. If your hands cannot be usefully employed, attend to the cultivation of your mind. Always speak the truth. Make few promises. Live up to your engagements. Keep your own secrets if you have any. When you speak to a person, look him in the face. Good company and good conversation are the very sinews of virtue. Good character is above all things else. Your character cannot be essentially injured except by your own acts. If any one speaks ill of you, let your life be so that none will believe him. Drink no kind of intoxicating liquors. Ever live, misfortune excepted, within your income. When you retire to bed, think over what you have been doing during the day. Make no haste to be rich if you would prosper. Small and steady gains give competency with tranquillity of mind. Never play at any kind of game at chance. Avoid temptation, through fear you may not withstand it. Earn money before you spend it. Never run in debt, unless you see a way to get out again. Never borrow if you can possibly avoid it. Do not marry until you are able to support a wife. Never speak ill of any one.

Nothing is more noble than fidelity.

Frugality is good if liberality be joined to it.

Wise men mingle innocent mirth with their cares.

Effects of Drinking Spirits.

IF spirits be taken to any extent, they excite inflammation of the stomach, serious affections of the brain, *delirium tremens*, epilepsy, apoplexy, and are able, when habitually drunk, to induce a slow and almost imperceptible combustion. But this is only one of the consequences of the habit of drinking: indeed, the diseases and deaths induced thereby are almost infinite. Still the more mournful consequences are those of which the intellectual and moral faculties are the seats. Premature old age is the least evil: all the exalted powers of the soul, as well as all the most estimable feelings of the heart, become debased or perverted by it. Armstrong describes such a state when he says:—

“Despised, unwept, you fall, who might have left
A sacred, cherished, sadly pleasing name:
A name still to be uttered with a sigh,
Your last ungrateful scene has quite effaced
All sense and memory of your former worth.”

China-ware and Glass.

THE perfection of the old Chinese porcelain consisted in its whiteness, transparency, and fineness of texture; in the elegance of its patterns, neatness of its execution, brilliancy of its colours and gilding, and the magnificence of its form and size. In all these points, however, the Japanese was then, and is still, considered as the most perfect, even in China.

The best material for cleansing either porcelain or glass-ware is fuller's earth; but it must be beaten into a fine powder, and carefully cleared from all rough or hard particles, which might endanger the polish. In cleaning porcelain, it must also be observed, that some species require more care and attention than others, as every person must have observed that china-ware in common use frequently loses some of its colours.

It ought to be taken for granted that all china or glass-ware is well-tempered; yet a little careful attention may not be misplaced, for although ornamental china or glass-ware are not exposed to the action of hot water in common domestic use, yet they may be

Only that which is honestly got is gain.

It is better to learn by others' faults than our own.

That which is known to three persons is no secret.

injudiciously immersed in it for the purpose of cleaning ; and as articles intended solely for ornaments may not be so highly annealed as others, without any fraudulent negligence on the part of the manufacturer, it will be proper never to apply water to them beyond a tepid temperature.

In fractures, where a cement is needed, to one ounce of mastic add as much highly-rectified spirits of wine as will dissolve it. Soak an ounce of isinglass in water until quite soft, then dissolve it in pure rum or brandy, until it forms a strong glue, to which add about a quarter of an ounce of gum-ammoniac, well rubbed and mixed. Put the two mixtures together in an earthen vessel over a gentle heat ; when well united, the mixture may be put into a phial and kept well stopped. When wanted for use, the bottle must be set in warm water, when the china or glass articles must be also warmed, and the cement applied. It will be proper that the broken surfaces, when carefully fitted, shall be kept in close contact for twelve hours at least, until the cement is fully set. This may be applied to marbles and even to metals. The expressed juice of garlic is a durable cement, if neatly done. A very good cement is also made by boiling the curd of skim-milk with lime.

Decanters, in which wine has stood some time, may be cleaned by putting a few drops of muriatic acid into them, and afterwards washing them well with cold water. Egg-shells, pounded small, and put, with some water, into decanters, will have the same effect. In purchasing glass-cloths, take care that they should be tolerably fine, because, from fine linen there is but little lint ; and the servants are thus saved much trouble. Glass-lamps and lustres should be washed in cold water with soap, put on with a sponge or a piece of flannel.

House Furniture.

THE following polish will be found useful for furniture :—To four ounces of bees'-wax scraped fine, add one ounce of black rosin pounded very fine, and on these pour oil of turpentine sufficient to dissolve them, so that the solution shall be of the consistence of cream.

Grieve not for what is past remedy.

We should read over our lives as well as books.

Some people are busy and yet do nothing.

Of all poverty that of the mind is most deplorable.

Suffer this to remain for twenty-four hours, till the whole is completely dissolved. Apply this solution with a clean linen rag to the cabinet-work until the whole wood is covered. After the liquid is absorbed by the wood, rub the latter hard with a roll made of baize, and afterwards with soft woollen cloths, taking care that no part shall be left clammy, and also taking great care that no dust or dirt should attach to the work to occasion scratches. Repeat this in a few days, or a week. If you are about to furnish a house, do not spend all your money, be it much or little. Do not let the beauty of this thing, and the cheapness of that, tempt you to buy unnecessary articles. Dr. Franklin's maxim was a good one: "*Nothing is cheap that we do not want.*" Buy merely enough to get on with at first. It is only by experience that you can tell what will be the wants of your family. If you spend all your money, you will find you have purchased many things you do not want, and have no means left to get many things that you do want. If you have enough, and more than enough, to get everything suitable to your situation in life, do not think you must spend it all merely because you happen to have it. Begin humbly. As money increases, it is easy and pleasant to increase our comforts, but it is always painful and inconvenient to decrease them.

Neatness, tastefulness, and good sense, may be shown in the management of a small household, and the arrangement of a little furniture, as well as upon a larger scale; and these qualities are always praised, and always treated with respect and attention. The consideration which many purchase by living beyond their income, and of course living upon others, is not worth the trouble it costs.

Idleness.

WHAT is a man,
If his chief good, and market of his time,
Be but to sleep and feed!—a beast, no more.
Sure He that made us with such large discourse,
Looking before and after, gave us not
That capability and God-like reason
To rust in us unused.—SHAKESPEARE.

Credit not things beyond incredibility.

We either improve or grow worse continually.

Folly of Fretting.

TWO gardeners, who were neighbours, had their crops of early peas killed by the frost. One of them came to condole with the other. "Ah," cried he, "how unfortunate! Do you know, neighbour, that I have done nothing but fret ever since? But, bless me, you seem to have a fine crop coming up; what are these?" "Why these are what I sowed immediately after my loss." "What! coming up already?" said the fretter. "Yes," replied the other; "while you were *fretting* I was *working*."

Reputation of Charity.

MR. WALKER observes truly, there is nothing more destructive to the interests of mankind than the principle of providing for those whom Providence intended to provide for themselves, whether the principle is put in practice by Government or by individuals; whether by poor-laws or by private bounty. By destroying moral energy, it destroys the soul, and under the mask of kindness is the height of cruelty. Every one who idly gives, or to gratify his own feelings, or to avoid importunity, so far from well-deserving, is answerable for the consequences arising from debasement. Casual charity is much to be deprecated, for the objects of it are ever undeserving, and it serves only to create, to perpetuate, a lost race. The rule is, that human beings are born into the world with a capability of self-dependence, if they please to avail themselves of it, and the exceptions are so few as not to be worth providing for beforehand. To help those who are helping themselves, or who only want a fair start, is most praiseworthy and beneficial. To relieve the few, whom unavoidable calamity has utterly overwhelmed, or overtaken too late in life to have a chance of retrieving themselves, is a gratifying duty; but to lay down any general rule that the old are to be maintained, the fatherless to be provided for, the sick to be taken care of, is to render null God's ordinances in favour of prudence and foresight, in the shape of the ordinary changes and vicissitudes of life.

A wise man counts his minutes.

A good housewife makes a little go a great way.

An idle person is a monster in creation.

Hints to Travellers.

WHEREVER you are, it is good to fall into the customs and habits of the place; for though sometimes they may be a little inconvenient, it is generally much more so to run counter to them. Those who will have their own way never succeed, but at a much greater cost than success is worth.

Those who are subject to rheumatism or cough, or have suffered from inflammation of the lungs, should beware of riding on the outside of a coach, in any season, especially in cold weather, during the night: a stoppage of perspiration, and an exposure of the membranes of the fauces and trachea to a current of extremely cold and damp air, will subject the pulmonary passages to dangerous inflammations.

The art of packing a trunk well is very necessary to the comfort of travelling. It enables a person to carry many more things in a given space, than can be done without it; it prevents your clothes being injured or tumbled, and helps you to find what you want without deranging the whole contents of your trunk. It is too practical an affair to be taught by written rules; those persons acquire it most readily who have a correct idea for form and space; and, therefore, one who knows how to draw will learn to pack more easily than one who never measured distances by the eye.

In travelling, take the least amount of luggage that you can manage with, and this should be properly directed. Woollen stockings are preferable to cotton; the latter cut the feet in a long walk; worsted socks, or cotton stockings with worsted feet, are the best. Gaiters are useful in wet weather to keep the socks clean. To protect the eyes from dust and cinders while riding in railway carriages, black glass spectacles are useful.

Creosote is said to be a remedy for sea-sickness. About half-an-hour before you embark, take three drops in a small quantity of water. When on board, if you feel a little nausea, pour two or three drops on a lump of sugar and swallow it, repeating it every hour if the nausea continues, or if sickness comes on after the stomach has been relieved. Be careful not to exceed the small quantity of creosote we have mentioned.

By doing nothing we learn to do ill.

Make the best of your lot, whether it be good or bad.

He that stands on firm ground need not fear falling.

Human Happiness.

'TIS to have
 Attentive and believing faculties ;
 To go abroad rejoicing in the joy
 Of beautiful and well-created things ;
 To love the voice of waters ; and the sheen
 Of silver fountains leaping to the sea ;
 To thrill with the rich melody of birds
 Living their life of music ; to be glad
 In the gay sunshine, reverent in the storm ;
 To see a beauty in the stirring leaf,
 And find calm thoughts beneath the whisp'ring tree ;
 To see, and hear, and breathe the evidence
 Of God's deep wisdom in the natural world.

WILLIS.

Hints to Housewives.

THE first rule of marketing is to purchase from respectable tradespeople, who have to support the character of their shops. The second rule is, not to purchase inferior articles under the idea of being economical. A bargain is seldom a prize ; and this is especially the case with regard to butchers' meat. The best meat, and the prime parts, are unquestionably the cheapest in the end, although the first cost may be the greatest. In coarse and inferior joints there is always too great a proportion of gristle, bone, and hard meat, to render them truly economic. Trust only to yourself in marketing. Besides the inconveniences and waste which must accompany your servants' want of skill in purchasing, there are many temptations to dishonesty. She can add to the price of articles she has been charged to buy without much fear of discovery, especially if she does it prudently, and is satisfied with very small additions at one time.

Books should be kept in the Kitchen, in which every article is entered that is brought in the house. The butcher, the baker, the greengrocer, the oilman, and the milkman, should write down in the book appropriated to him, the quantity of the commodity, with its price,

Superstition renders a man a fool.

Beware of the man who talks lightly of religion.

Loose opinions engender loose practice.

Virtue is like precious odours, most fragrant by being crushed.

which has just been delivered, and his bill, if correct, will tally with the contents of this book. Be exact in examining and settling these books weekly; because your memory will then be of use to you, and will assist you to recollect all the articles with which you are charged. The amount of each of these weekly settlements should afterwards be entered in a housekeeping book, and at the end of every month this should be added up, and the total entered in the cash-book. Thus you will be able to tell the exact amount of your expenses.

Candles. Candles improve by keeping a few months. Those made in winter are the best. The most economical plan is to purchase them by the box, keeping them always in a cool, dry place. If wax candles become discoloured or soiled, they may be restored by rubbing them over with a clean flannel, slightly dipped in spirits of wine. Candles are sometimes difficult to light. They will ignite instantly if, when preparing them for the evening, you dip the top in spirits of wine shortly before they are wanted. Light them always with a match, and do not hold them to the fire, as that will cause the tops to melt and drip. Always hold the match to the side of the wick, and not over the top. If you find the candles too small for the candlesticks, always wrap a small piece of white paper round the bottom end, not allowing the paper to appear above the socket. Cut the wicks to a convenient length for lighting (nearly close), for if the wick is too long at the top it will be very difficult to ignite, and will also bend down, and set the candle to running. Glass receivers for the droppings of candles, are very convenient. The pieces of candles that are left each evening should be placed in a tin-box kept for that purpose, and used for bed-lights.

House-cleaning. When you wash paint, do not use soft soap and warm water, for that will take off the paint as well as the dirt. Always put down some fine clean straw under the carpet, and lay it smooth and level. Carpets may be cleaned by pounding them in soap-suds, and washing the soap well out of them. The suds must be very strong and cold. This is done by cutting down the hard soap and dissolving it in warm water. Bedsteads should receive a complete scrubbing

Any sin in jest is worse than when committed in earnest.

Give and forgive, bear and forbear.

with soap and water, and should not be put up until perfectly dry. Always commence cleaning at the top of the house and descend by steady and regular stages. Some people clean their houses with quietness; others make a great noise but do no more work. The grand rule for facilitating work is system. Arrange all the work to be done, and how it is to be done, before commencing. Bedsteads may be freed from vermin by brushing them over in the cracks with a mixture formed of one ounce of corrosive sublimate, dissolved in half a pint of oil of turpentine, and the same quantity of any spirit, such as strong gin or whisky; this effectually prevents their harbouring. When first applied, it possesses a disagreeable odour from the turpentine. Great care must be taken of it, as it is excessively poisonous, although, from its disagreeable smell, it is not likely to be swallowed accidentally. Constant and unremitting cleanliness, and the employment of iron bedsteads, which are now manufactured of the most elegant forms, are the best means of getting rid of these pests.

Pickling. Do not keep pickles in common earthenware, as the glazing contains lead, and combines with the vinegar. Vinegar for pickling should be sharp, though not the sharpest kind, as it injures the pickles. If you use copper, bell-metal, or brass vessels for pickling, never allow the vinegar to cool in them, as it is then poisonous. Add a tea-spoonful of alum, and a teacup of salt to each three gallons of vinegar, and tie up a bag with pepper, ginger-root, spices of all the different sorts in it, and you have vinegar prepared for any kind of pickling. Keep pickles only in wood or stoneware. Anything that has held grease will spoil them. Stir them occasionally, and if there are soft ones, take them out and scald the vinegar, and pour it hot over the pickles. Keep enough vinegar to cover them well; if it is weak, take fresh vinegar and pour on hot. Do not boil vinegar or spice above five minutes.

What the Labouring Classes ought to Know.

IN my intercourse with the labouring classes (observes a late police magistrate of the Metropolis), what I have observed they seem most to want to learn is, to

Too much society weakens the mind.

No man has true sound sense who is immoral.

Omission of good is a commission of evil.

market and make purchases on the most advantageous terms ; to apply the arts of cookery to preparing food in an economical, wholesome, and palatable manner ; in the country to brew and bake ; to light a fire expeditiously and economically ; to keep up a fire economically ; to make a fire cheerful expeditiously ; to set out a table quickly and neatly ; to clear away expeditiously ; to cut out, make, and mend linen, and to keep other clothes in good order ; to wash and get up linen ; to dry and clean shoes ; to sweep and clean rooms quietly and expeditiously, and to keep them neat and comfortable ; and lastly, to prepare proper food for children and the sick.

Women brought up in ignorance of comfort, of course, are careless about the means of providing for it. They are heedless how they marry, and when married, never think of the duties of their situation.

A greater degree of self-dependence is especially to be desired among the labouring classes, which can only be produced by a greater degree of prudence, and there is nothing so likely to induce prudence as the cultivation of domestic economy.

A Woman as she should be.

IN person decent and in dress,
 Her manners and her words express
 The purity of mind ;
 Good humour brightens up her face,
 Where passion never leaves a trace,
 Nor frowns a look unkind :
 No vexing sneer, no angry word,
 No scandal from her lips, is heard,
 Where truth and sweetness blend ;
 Submissive to her husband's will,
 Her study is to please him still,
 His fond and faithful friend ;
 She watches his returning way,
 When from the troubles of the day
 He seeks an hour of bliss—
 She runs to meet him with a smile,
 And if no eye be near awhile,
 The smile is with a kiss !

In prudent charity there is no excess.

It is ridiculous to be serious about trifles.

It is absurd to be trifling about serious matters.

Thy Will be done!

LET the scholar and divine
 Tell us how to pray aright :
 Let the truths of gospel shine
 With their precious, hallowed light ;
 But the prayer a mother taught,
 Is to me a matchless one ;
 Eloquent and spirit-fraught
 Are the words—"Thy will be done !"

Rules for Reading.

LAVATER says,—“Read the best books which wise and sensible persons advise, and study them with reflection and examination,—that is, ask yourselves, Do I understand what I read? Do I benefit by it? Do I become wiser and better thereby? Read with the firm determination to make use of all you read ; do not, by reading, neglect a more immediate, or more important duty ; do not read with a view of making a display of your reading. Do not read too much at a time. Reflect on what you have read, and let it be a nourishment of the heart and soul, moderately enjoyed, and well digested.”

Cleanliness.

LORD BYRON, in one of his letters, says :—“I never was a great phrenologist, nor do I pretend to read mankind as quickly as yourself ; but if a stranger comes in, I generally look at the state of his hands. To a gentleman dirty hands are an abomination—that settles one point. A respectable man never presents himself with dirty hands and foul nails ; so if I find my customer with these credentials, I conclude that he is an idler, a drunkard, or a scamp, and I show him out as soon as possible.”

A few Words to Servants.

NEVER leave a good place because a little fault has been found with your work ; it is a very great

Wisdom and virtue make poor men rich.

Days of pleasure are often vigils of repentance.

Small injuries to others are great ones to ourselves.

injury to a domestic to change her place often ; she will soon be thought bad-tempered, and besides, she cannot gain friends. You must remain some time in a family in order that they may become attached to you. If you are, as is generally the case, out of employment for a week before you go to a new place, you lose your time, and often have to board as well : thus a loss of two or three weeks' wages is incurred, because you will not bear to be reproved, even for a fault. It is better to remain and behave so well that your mistress will acknowledge your good qualities, which she will certainly do, if you strive to please her.

" As in virtuous actions
The undertaker finds a full reward,
Although conferred upon unthankful men ;
So, any service done to so much sweetness,
However dangerous, in your favour finds
A wished and glorious end."

Gratitude.

WHAT is grandeur, what is power ?
Heavier toil, superior pain ;
What the bright reward we gain ?
The grateful mem'ry of the good.
Sweet is the breath of vernal shower,
The bee's collected treasures sweet ;
Sweet music's melting fall, but sweeter yet
The still small voice of gratitude.—GRAY.

Dissuasives from Despondency.

IF you are distressed in mind—live ; serenity and joy may yet dawn upon you. If you have been happy and cheerful—live ; and diffuse that happiness to others. If misfortunes assail you by the faults of others—live ; you have nothing wherewith to blame yourself. If misfortunes have arisen from your own misconduct—live ; and be wiser in future. If you are indigent and helpless—live ; the face of things, like the renewing seasons, may happily change. If you are rich and prosperous—live ; and enjoy what you possess. If another has injured you—live ; the crime will bring its own punishment. If you have injured another—

We pay dearly for our vices.

No one should be confident of his own merit.

It is miserable folly to be wise in wickedness.

live ; and recompense good for evil. If your character be unjustly attacked—live ; and you may see the aspersions disproved. If the reproaches be well founded—live ; and deserve them not in future. If you be eminent and applauded—live ; deserve the honours you have acquired. If your success be not equal to your merit—live ; in thoughtfulness and humility. If you have been negligent and useless in society—live ; and make amends. If you have been industrious and active—live ; and communicate your improvement to others. If you have spiteful enemies—live ; and disappoint their malevolence. If you have kind and faithful friends—live, to protect them. If you have been wise and virtuous—live, for the benefit of mankind. If you hope for immortality—live ; and prepare to enjoy it. If you ever expect to reach the mansions above, don't quarrel with your minister about everything being foreordained, but love everybody, whether they be enemies or not ; and above all, put your trust in Him who will never desert His children in their hour of need, if they call upon Him in sincerity and love.

Cautions when in Danger of being Drowned.

AS soon as you find yourself at the surface of the water, whither you are raised by your buoyancy, let your body quickly take its level, when the water will reach a little above your chin. Place one leg a little forward, and the other a little backward, and stretch out your arms on either side under the water : by a slight paddling motion you may regulate the position of the head, and keep the mouth and nose above the surface of the surrounding fluid. Make no efforts, but wait tranquilly until succour arrives. You cannot sink. Do not lay hold of your companion or assistant, or you will infallibly sink him without benefiting yourself. The best swimmer has no more natural buoyancy than you, and would be sunk by the exertion of very little force. Remain perfectly passive until your helper seize you by the hair ; upon this, endeavour to second his efforts by throwing yourself on your back. Hold your neck stiff, and let your hind head sink into the water. Try to propel yourself at this stage by

The first of all virtues is innocence, the next is modesty.

To know and to do is the compendium of our duty.

Though few enter heaven, all may.

regularly and slowly kicking against the water. Be careful to keep every part of your body, except your face, under the water. If two or more persons are immersed together, let them keep near to each other. By this means, one boat may save the whole party at once; but if they are dispersed, one at a time only can be picked up.

Simple Method of making a Fire-Escape.

DRIVE a strong staple into the upper part of the window-frame of your sleeping-apartment (and in other rooms, if the house is large), and provide two blocks, with two or three pulleys in each. Put a strong rope through each pulley, of a length sufficient to reach the ground from the top of the window. Provide also a strong sack of about four feet deep, and twenty inches wide, with a wooden bottom, and a few hoops to keep the sack open. Should a fire happen, let the hoop of the upper block be hung in the staple; the person to be saved should stand in the wooden bottom, draw the sack up about him, and hang the string of the sack on the hook of the under block, when any one person may, with the greatest ease and safety, let another down into street, and drawing up the sack again, may, in like manner, let down a whole family,—women, children, sick, old, and infirm; and at last lower himself down by only holding the same open in his hand. In this manner, at the trifling cost of a few shillings, many lives may be saved, especially in cases where other means of assistance are not near.

Dampness in Beds.

TO detect dampness, first have the bed well warmed with a warming-pan, then the moment the pan is taken out, introduce between the sheets an inverted glass tumbler. After it has remained there a few minutes, withdraw it. If the glass is found dry, you may go to bed without any apprehension of chill or rheumatism. If the glass is covered with drops of wet or damp steam, the safest plan is to take off the sheets and sleep between the blankets, as a second pair would probably be no better than the first.

A clean conscience is the best law.

To do good for evil is Christian perfection.

A firm faith in Divine promises is the best divinity.

Cautions to Skaters.

AS skating produces perspiration, flannel next the chest, shoulders, and loins, is necessary to avoid the evils produced by sudden chills in cold weather. If the chest be irritable, it is neither salutary nor easy to skate against the wind. If the skater finds that he cannot get away from rotten ice, he must crawl over it on his hands and knees, in order to reduce his weight on the supporting points. If he fall on it at length, he must roll away from it towards ice more firm. If he fall into a hole, he must extend his arms horizontally over the edges of the unbroken ice, and only tread water, till a ladder or a plank is pushed towards him, or a rope is thrown for his hold.

Cosmetics.

DID you but know, when bathed in dew,
 How sweet the little violet grew,
 Amidst the thorny brake ;
 How fragrant blew the ambient air,
 O'er beds of primroses so fair,
 Your pillow you'd forsake.
 Paler than the autumnal leaf,
 Or the wan hue of pining grief,
 The cheek of sloth shall grow ;
 Nor can cosmetic, wash, or ball,
 Nature's own favourite tints recall,
 If once you let them go !—HERRICK.

Cleaning Oil Paintings.

IN cleaning and restoring a picture the first thing is to flatten the plane of the picture by stretching it ; or if the painting is broken in parts, it must be lined. When dirt is to be removed, wash the painting with water and a soft piece of leather ; then rub the picture with your fingers' ends, and if the varnish is mastic, the surface of the picture and your fingers' ends will be covered with a white and resinous dust. This process requires some labour ; but it is a very safe one. If the picture has been varnished with copal, it should be rubbed with India-rubber.

Buy at a market but sell at home.

Sleep without rafter and wake without owing.

Drink little that you may drink long.

Society.

MAN, like the generous vine, supported lives ;
 The strength he gains is from th' embrace he gives.
 On their own axis as the planets run,
 Yet make at once their circle round the sun ;
 So two consistent motions act the soul ;
 And one regards itself, and one the whole ;
 Thus God and nature linked the general frame,
 And bade self-love and social be the same.—POPE.

A few Rules for Friendly, Visiting and Parochial Schools.

THE following may, perhaps, suffice for the first establishment of one of these institutions : rules may be added according to circumstances :—1. That the library be called . 2. That its object be the diffusion of religious and general knowledge in the parish. 3. That all persons paying per quarter, in advance, be entitled to the use of the library. 4. That no subscribers be allowed to take out more than one book at a time. 5. That no book be kept beyond one month, except by application to the librarian to have the loan of it renewed. 6. That any subscriber taking out a book, be held responsible for its preservation. 7. That any of the district visitors may take out more than books at once for the special use of the poor in their respective districts.

Ingratitude.

THE stall-fed ox, that is grown fat, will know
 His careful feeder, and acknowledge, too ;
 The generous spaniel loves his master's eye,
 And licks his fingers though no meat be by :
 But man, ungrateful man, that's born and bred
 By Heaven's immediate power ; maintained and fed
 By His providing hand ; observed, attended
 By His indulgent grace ; preserved, defended
 By His prevailing arm : this man, I say,
 Is more ungrateful, more obdure than they.—QUARLES.

*Fortitude gives a quiet mind.**It is a mean mouse that has but one hole.**Keep your breath to cool your own porridge.*

Hints to Farmers.

A WRITER in the "Gardener's Chronicle" says, "When you see hedges growing ten feet wide and fifteen feet high ; when you see fences full of gaps, and the cattle ranging all over the farm ; when you see the young cattle and cows standing at the meadow-gate in January ; when you see all the headlands on a farm unploughed ; when you see a shallow ditch full of stagnant water ; when you see the liquid manure running riot, and the brood-sow wallowing in the 'jaw-hole ;' when you see a lea ploughed one day and sown the next ; when you see farm-horses turn out like ghosts in the spring ; when you see cows turned out to grass as lean as rakes, with a filthy coat on each hip ; when you see the stacks unthatched at Martinmas ; when you see the stack-tops growing green after being thatched ; when you see the head of a gate forming a circular drum ; when you see rushes growing in the meadow and pasture-land ; when you see lime laid on wet, undrained land ; when you see draining going on (at any depth) without the aid of trial-trenches ; and when you see grain taken to market in sacks mended with wisps of straw,—you may safely conclude that the farmer is a sluggard."

Borrowing and Lending.

NEVER lend to a friend unless you are satisfied that he does wisely and well in borrowing it. Borrowing is one of the most ordinary ways in which weak men sacrifice the future to the present, and thence it is that the gratitude for a loan is so proverbially evanescent, for the future becoming present in its turn, will not be well served in doing it an injury. By conspiring with your friend to defraud his future self, you naturally incur his future displeasure. It has invariably been found that the persons who are troubled with the shortest memories are those borrowers. Take to heart, therefore, the admonition of an ancient courtier :—

"Neither a borrower nor a lender be ;
For loan oft loseth both itself and friend,
And borrowing dulls the edge of husbandry."

Temperance is the best physician.

Pride that dines with vanity sups with contempt.

Lock your door, that you may keep your neighbours honest.

Keep the Heart alive in Age.

THESE words of Bernard Barton are good. Often good and wise men in other things have rendered their old age cheerless and unlovely, from a want of attention to them :—"The longer I live the more expedient I find it to endeavour, more and more, to extend my sympathies and affections. The natural tendency of advancing years is to narrow and contract these feelings. I do not mean that I wish to form a new and sworn friendship every day to increase my circles of intimates ; these are very different affairs. But I find that it conduces to my mental health and happiness, to find out all I can which is amiable and loveable in those I come in contact with, and to make the most of it. It may fall very short of what I was once wont to dream of ; it may not supply the place of what I have known, felt, and tasted ; but it is better than nothing ; it seems to keep the feelings and affections in exercise ; it keeps the heart alive in its humanity ; and, till we shall all be spiritual, this is alike our duty and our interest."

What I Live for.

I LIVE for those who love me,
 Whose hearts are kind and true ;
 For the Heaven that smiles above me,
 And awaits my spirit too :
 For all human ties that bind me,—
 For the task by God assigned me,—
 For the bright hopes left behind me,
 And the good that I can do.

I live for those who love me,—
 For those who know me true,—
 For the Heaven that smiles above me,
 And awaits my spirit too :
 For the cause that lacks assistance,—
 For the wrong that needs resistance,—
 For the future in the distance,
 And the good that I can do.

*When wine sinks words swim.**Rule youth well, for age will rule itself.**Bread at pleasure, drink at measure.*

Wardian Cases.

THESE delightful ornaments are now in general use ; some persons, however, residing in the country, may like to have some suggestions with regard to their construction. The form of a Wardian case, and of the stand which supports it, may be various ; but its principle is, that a closely-glazed covering surrounding the plants shall admit of the supply of the necessary moisture in the atmosphere in which they are kept, which cannot be the case in the ordinary atmosphere of a living room. Such cases should be nearly air-tight, but need not be strictly so ; indeed, it is better to have them provided with means of ventilation to be used in moderation. The bottom of the case should be a deep zinc or other metal tray, through which the moisture cannot penetrate : this for the sake of cleanliness. At its lowest part a vent should be provided, which vent is to be kept stopped by a plug or valve, except when it is required to let off the superfluous moisture after watering. In this tray a miniature rock should be built with sandstone and cement ; the ferns planted on it and watered. Their case may then be closed, and need not be opened, except for an hour occasionally, if there is any symptom of too much moisture, until the plants are thoroughly established. When they begin to grow it may be opened for an hour daily. The soil must not be suffered to get wet : it should be only just moist. When the plants get too large, or require rearrangement, they may be taken up, divided and replanted, or young plants substituted. This is best done in spring just before growth re-commences.

Soil for Ferns.

NEARLY all ferns like the soil more or less sandy. A mixture suitable for all the purposes of pot-culture may be thus compounded : take of fibry, mellow loam, light spongy peat, and well-decayed pure leaf-mould, equal parts, and mix them with sand. For all the stronger growing species use the soil in the rough state, to which it will be reduced by merely chopping it

He that runs fast will not run long.

The goat is ill-saved that shames the master.

It is not the cowl that makes the friar.

fine with the spade, and add to it an eighth part of clean, but coarse sharp sand. For all the smaller and more delicate species rub the soil through a sieve with half-inch square meshes, and be careful to rub through as much of the fibry portion as possible: add to it a sixth part of clean silver sand. In both cases mix up with this compost a fourth part of crushed sandstone broken to the size of walnuts, and smaller for the vigorous growers, and of the size of hazel-nuts, and smaller, for the more delicate sorts.

Two good Dishes.

MR. WALKER, in the "Original," gives two excellent cockery-receipts, which we have found very useful. The first more particularly applies to the fruit season, and may be made with several descriptions of fruit, such as ripe peaches or apricots, greengage or magnum-bonum plums.

Both these dishes are economical, and will give a variety to the dinner of every household.

Wash a sufficient quantity of rice, put a little water to it, and set it in the oven until the water is absorbed. Then put in a little milk, work it well with a spoon, set it in the oven again, and keep working it from time to time until it is sufficiently soft. A little cream worked in at the last is an improvement. Fill a tart-dish nearly full of fruit, sweeten it, and lay on the rice unevenly by spoonfuls. Bake it till the rice has a light-brown or fawn-colour in the surface.

The second receipt is also applicable to the same season:—

Put a few beets, a little onion, one lettuce, and a cucumber sliced into a stewpan, with a little water, and a proper quantity of butter, pepper, and salt. Set the pan in the oven, and when the vegetables have been stewed some time, put a quantity of boiled peas and some meat into the pan, and let the whole stew till the meat is ready to serve up. Lay the vegetables in the dish round the meat. Mutton, lamb, and veal, are excellent dressed in this manner; and it is a very good way of using up cold meat.

The more you heap, the worse you cheap.

Many words will not fill the bushel.

Sloth is the mother of poverty.

The Word.

IN the beginning was the Word ;
 Athwart the chaos-night
 It gleamed with quick creative power,
 And there was life and light.

Thy Word, O God, is living yet,
 Amid earth's restless strife,
 New harmony creating still,
 And ever higher life.

And as that Word moves surely on,
 The light, ray after ray,
 Streams further out athwart the dark,
 And night grows into day.

A Word that broke the stillness first,
 Sound on, and never cease,
 Till all earth's darkness be made light,
 And all her discord peace.

Till wall of woe, and clank of chain,
 And burst of battle stilled
 The world with thy great music-pulse,—
 O Word of Love ! be thrilled.

Till selfishness, and strife, and wrong,
 Thy summons shall have heard,
 And thy creation be complete,
 O thou Eternal Word !

LONGFELLOW.

Plain Hints to Young Men.

WHEN you are about to enter a house, before the servant comes to the door see that your feet are well cleaned. Do not put your hands upon polished mahogany, their warmth and moisture will tarnish it ; neither draw your feet about obliquely, for by doing so you bring the edges and the blacking of your boots in severe contact with the carpet, and leave a mark upon it.

Old reckonings breed new disputes.

Stretch your legs according to your coverlet.

Children speak in the field what they hear in the hall.

Do not lean your head back against the wall ; you may leave an impression there which cannot be effaced till the whole room is re-painted or re-papered. Nor lean your arms or hands upon the table.

Do not sit with your hands in your pockets ; that is vulgar : but even this is better than to be picking or tarnishing the furniture with them.

If you examine books, prints, &c., be careful not to soil them. Never turn down a leaf, never roll up a print or a pamphlet ; paper is always injured by rolling it. Never put your fingers directly upon any pictures—in fact, leave everything after you in as nice order as you found it.

A careful attention to these simple matters on the part of all classes would save many thousand sighs and complaints, besides labour.

To-Morrow.

TO-MORROW you will live, you always cry,
In what far country does this morrow lie,
That 't is so mighty, long ere it arrive ?
Beyond the Indies does this morrow live ?
'T is so far-fetch'd, this morrow, that I fear
'T will be both very old and very dear.
To-morrow I will live, the fool doth say ;
To-day itself ; too late ; *the wise lived yesterday !*
MARTIAL.

The Good that Young Men may do.

THE first and most indispensable step towards doing good, in the highest moral sense, is to give yourself up to God, choose Him for your supreme guardian and portion, prefer His favours before all other things, identify your interests and hopes with His kingdom, and commit your personal salvation entirely to the Saviour.

Do all in your power to render your parents comfortable and happy. If they are aged and infirm, visit them as often as you can, carry them tokens of your love, and show them that you feel a tender interest in

Do well and have well.

Blind men should not judge of colours.

Daylight will peep through a small hole.

their happiness. Be all to your parents, which you would wish your children to be to you. Always treat your sisters and the younger members of your family with affectionate consideration. If you are separated from them, maintain with them a correspondence. Give your friendly advice, and seek theirs in return.

Expect to live and act for *ever* ! and let all your thoughts and actions be pure, so that all may love you while here, and the accusing spirit hereafter may not lay the deadly weight of sin upon you. By patient continuance in well-doing, you may secure a character which will make your influence to be felt like the dew and the sunshine on all the vineyard in which you dwell. No matter how humble your circumstances. Moral influence depends far less on these than most imagine. When men are sick, or in danger, or affliction, to whom do they fly, but to him who is known to be truly good ? In other respects, he may be the obscurest man in the place ; but if he is known as a consistent, benevolent, devoted Christian, he is the one of all others to be sought after by his fellow-beings when most they need a friend. This proves that he has great moral power over them. They acknowledge it in the most effectual manner possible. He is continually putting forth a most benign influence. He is, perhaps, scarcely aware of it. He does not know how much good he is doing. Like the dew and the sun, his influence is silent, soft, sweet, and powerful.

Habits of a Man of Business.

A SACRED regard to the principles of justice forms the basis of every transaction, and regulates the conduct of the upright man of business. He is strict in keeping his engagements. Does nothing carelessly or in a hurry. Employs nobody to do what he can easily do himself. Keeps everything in its place. Leaves nothing undone that ought to be done, and which circumstances permit him to do. Keeps his designs and business from the view of others. Is prompt and decisive with his customers, and does not over-trade his capital. Prefers short credits to long ones ;

A friend's dinner is soon dished.

He that shows his purse bribes the thief.

It is an ill pack that is not worth the custom.

Stay no longer in a friend's house than you are welcome.

and cash to credit of all kinds, either in buying or selling ; and small profits in credit cases with little risk, to the chance of better gains with more hazard. He is clear and explicit in all his bargains. Leaves nothing of consequence to memory which he can and ought to commit to writing. Keeps copies of all the important letters which he sends away, and has every letter, invoice, &c., belonging to his business, titled, classed, and put away. Never suffers his desk to be confused by many papers lying upon it. Is always at the head of his business, well knowing that if he leaves it, it will leave him. Holds it as a maxim, that he whose credit is suspected is not to be trusted. Is constantly examining his books, and sees through all his affairs as far as care and attention will enable him. Balances regularly at stated times, and then makes out and transmits all his accounts current to his customers, both at home and abroad. Avoids as much as possible all sorts of accommodation in money-matters and lawsuits, where there is the least hazard. He is economical in his expenditure, always living within his income. Keeps a memorandum-book in his pocket, in which he notes every particular relative to appointments, addresses, and petty cash matters. Is cautious how he becomes security for any person ; and is generous when urged by motives of humanity. Let a man act strictly to these habits ; when once begun they will be easy to continue in, ever remembering that he hath no profits by his pains whom Providence doth not prosper, and success will attend his efforts. Take pleasure in your business, and it will become your recreation. Hope for the best, provide for the worst, and bear patiently whatever happens.

If you would enjoy the fruit, pluck not the flower.

Woman in Sorrow.

O WOMAN ! in our hours of ease,
 Uncertain, coy, and hard to please,
 And variable as the shade,
 By the light quivering aspen made ;
 When pain and anguish wring the brow—
 A ministering angel thou !—SCOTT.

Despise none, despair of none.

Suggestions to those who give Dinner-Parties.

IN the "Original" we find the following excellent observations :—With respect to setting out a dinner-table, everything should be brilliantly clean, and nothing should be placed upon it except what is wanted ; and everything wanted, which can conveniently be upon the table, should be there, so as to dispense as much as possible with attendance, and thereby avoid the trouble of asking for things. I think it desirable not to have lights upon it, nor, indeed, anything which can interrupt the freest communication among the guests. The art of throwing the most agreeable light upon a table is well worth cultivating. Instead of inconvenient and useless centre-pieces, I would have a basket of beautiful bread, white and brown, in the middle of the table, with a silver fork on each side, so that the guests could help themselves, which would be perfectly easy with a party not exceeding eight, which limit I understand in all I say. I would have the wine placed upon the table in such a manner as to be as much as possible within the reach of each person, and I hold stands for decanters to be impediments, and coolers also, except perhaps in very hot weather. If the wine is served at a proper temperature, it will in general remain so, as long as ought to be necessary ; but it is often set upon the table before it is wanted, for show. Instead of the supernumeraries we now see, I would have one or more sets of cruets upon the table, according to the size of the party, and containing those things which are continually wanted, and which it is desirable to have at hand.

Whatever dish is placed upon the table, it ought to be preceded by all its minor adjuncts, and accompanied by the proper vegetables, quite hot, so that it may be enjoyed entirely and at once. I am an advocate for dumb waiters ; and the smaller the party is, the more they are desirable, because attendants are a restraint upon conversation, and upon one's ease in general.

With respect to the dinner itself, there are two kinds of dinners ; one simple, consisting of few dishes ; the other embracing a variety. Both kinds are good in their way, and both deserving attention ; but for constancy I greatly prefer the simple style. In the first

He that lives not well one year, sorrows for it seven.

The fewer the laws we make for children the better.

Economy in itself is a great income.

The true secret of enjoyment is to labour for it.

place, it is necessary not to be afraid of not having enough, and so to go into the other extreme, and have a great deal too much, as is almost invariably the practice. It is also necessary not to be afraid of the table looking bare, and so to crowd it with dishes not wanted, or before they are wanted, whereby they become cold and sodden. "Enough is as good as a feast," is a sound maxim, as well in providing as in eating. The advantages of having only enough are these:—It saves expense, trouble, and attendance; it removes temptation, and induces contentment, and it affords the best chance of having a well-dressed dinner, by concentrating the attention of the cook. The having too much, and setting dishes on the table merely for appearance, are practices arising out of prejudices, which, if once broken through, would be looked upon, and deservedly, as the height of vulgarity.

In proportion to the smallness of dinner ought to be its excellence, both as to the quality of the materials and the cooking. When the materials and the cooking are of the best, and the dinner is served according to the most approved rules of comfort, the plainest, cheapest food has attractions, which are seldom to be found in the most laboured attempts.

In general, there is far too little attention paid to varying the mode of dining according to the temperature of the seasons. Summer dinners are, for the most part, as heavy and as hot as those in winter, and the consequence is they are frequently very oppressive. In hot weather they ought to be of a light, cooling nature, and accompanied with beverages well iced, rather than with pure wine, especially of the stronger kinds. I cannot think there is any danger from such diet to those who use it moderately. The danger, I apprehend, lies in excess from the pleasure felt in allaying thirst and heat. The season in which Nature produces fruit and vegetables in the greatest abundance, is surely that in which they ought to be most used. In hot weather the chief thing to be aimed at is, to produce a light and cool feeling, both by the management of the room and the nature of the repast. In winter, warmth and substantial diet afford the most satisfaction. In damp weather, when the digestion is the weakest, the

Never fall out with your bread and butter.

Envy never makes holiday.

diet ought to be moderate, but warm and stimulating ; and in bracing weather, I think, plain and substantial food the most appropriate. By studying to suit the repast to the temperature, the greatest satisfaction may be given at the cheapest rate.

One of the greatest luxuries, to my mind, in dining, is to be able to command plenty of good vegetables, well served up ; but this is a luxury vainly hoped for at set parties. Everybody of genuine taste is delighted with a display of vegetables of superior order ; and if great attention was bestowed upon that part of dinners, instead of upon the many other dishes, dinners would be at once more wholesome and more satisfactory to the palate, and often less expensive. With respect to variety of vegetables, I think the same rule applies as to other dishes. In French cookery, vegetables meet with attention much more proportionate to their importance than in ours, and appropriateness in serving them is much more studied.

In conformity with my dislike to show or display in anything connected with dinners, I prefer a service of plain white ware to plate or ornamented china. There is a simplicity in white ware, and an appearance of cleanliness and purity, indicative of a proper feeling, and a due attention in the right direction.

As to desserts I am no great friend to them : I enjoy fruit much more at any other time of the day. At any rate I would have them in great moderation, and confined to a few kinds of ripe fruit. Preserved fruits are, in my opinion, cloying after dinner.

Common soup made at home, fish of little cost, any joint, the cheapest vegetables, some happy and inexpensive introduction, like the crab, and a pudding, with sherry and port, provided everything is good in quality and the dishes are well dressed, and served hot and in succession with their adjuncts, will ensure a quantity of enjoyment, which no one need be afraid to offer, and so it will be with any combination in the same style ; but then it is absolutely necessary not to overdo the thing on the one hand, and on the other to direct the attention entirely in the right course ; to think nothing of display or fashion, but only of realities, and to dispose everything for comfort and ease.

Rule the appetite and temper the tongue.

Use the means and God will give the blessing.

When you are well, keep yourself so.

Aquariums.

MR. GOSSE, one of the best authorities on this subject, says with respect to the *tank*, that he procured one from Mr. A. Pellatt's establishment, of the largest dimensions they would undertake to blow for him, viz., twelve inches in diameter. If attempted of greater size than this, the risk increases very rapidly, as they are liable to break in the manufacture, and also at any moment even after they have been some time in use. The height may be chosen according to taste. For a conservatory, to which an aquarium would form an appropriate accessory, a vase-like form might be adopted. If the outline were octagonal, the objects in the interior would be visible through the plate glass without the distortion caused by unequal refraction, which is a great objection to vessels with curvilinear sides.

The *cover* for the aquarium may be made of fine muslin, or, what is better, of plate or sheet glass. The latter may simply be laid over the top of the vessel, allowing the escape of gases under the edge. It should be occasionally lifted for a moment, to allow of a change of the superincumbent air: the necessity of this will be manifest, from the close smell which is perceived on lifting the cover, especially if there be many sea-weeds in the tank.

The free access of light to the plants is indispensable, and therefore that situation is the best where the sun's rays fall most freely on their leaves. One caution, however, is requisite. In summer the heat of the solar rays is very great, as well as their light; and if the vessel be small, and the volume of water very limited, it will become tepid in the mid-day sun, and the animals will be killed. Hence, in a fierce summer's day, it will be desirable to interpose a curtain of muslin, oiled paper, or ground glass.

With regard to the *cost* of tanks, Mr. Gosse gives a description of one made for him as follows:—"The tank is two feet long, 1½ foot wide, 1½ foot deep; the sides and ends of $\frac{1}{8}$ ths plate-glass; the bottom of slate; the corners of birch-wood, turned into pillars, each surmounted by a knob, and united by a frame top going all round. The glass is set in grooves in the slate

He who sows brambles must not go barefoot.

Even reckoning makes lasting friends.

Ill-gotten goods seldom prosper.

and wood, and fastened with white-lead putty." (Here follows a caution that amateurs would do well to remember.) "I first stocked it before the emanations of the putty, &c., had sufficiently gone off; and hence, the plants and animals died almost as fast as they were put in, rarely surviving the first night, although the water was renewed from the sea once and sometimes twice a-day. The cost of this tank was 3*l.* 10*s.* A smaller one mentioned above was charged 2*l.* The sides of the former are of plate, those of the latter, sheet glass. The cylindrical 12-inch glass from Pellatt's costs 10*s.* 4*d.* Glass covers for three tanks, cut to shape, were 10*s.* more."

Artificial rocks, corals, &c. When the two longer sides only of the tank are of glass, the two ends being made of slate, the latter should be veiled, by being made to imitate the irregular projections and ledges of rock, which may be done in a very picturesque manner. For this purpose, Roman, Portland, or other cement which hardens under water, should be employed; the slate must be faced with this, which, while plastic, may be fashioned into the semblance of rock. Pieces of branching corals may be set in it. *Whenever cement is used, it will be absolutely necessary to allow it to remain in water for at least a month, in order to soak out the free lime, before it be introduced into the water which contains animals. The water in which it is soaked should be frequently changed, and as long as any prismatic scum remains on the surface, the cement is unfit for use. I have known (adds Mr. Gosse), a whole consignment of animals killed in one night from a neglect of this precaution.*

As many marine animals burrow, a layer of sand should be put on the bottom of the tank, which may vary in depth from one to three inches. If sand from a sea-beach can be readily obtained, it is the most suitable; but the next best is coarse river sand. It should be well washed, until the water runs away clean. What is called silver-sand, and the common yellow earthy sand, sold in the shops for scouring, are not at all suitable, as they will tinge the water. Small pebbles or fine gravel, likewise well washed, may be used to vary the bottom with the sand. Masses of rock, of

To excel in arts, we must excel in industry.

The brain that sows not corn plants thistles.

On a good bargain think twice.

dimensions suitable to the aquarium, should be put in to afford shelter and concealment to such animals as like the gloom. It is of little consequence what sort of rock is selected,—limestone, sandstone, granite; but the rougher, and the more full of cavities and angles, the blocks are, the better will be the effect.

The purity of the water is of great importance. In London, sea-water may be easily obtained, by giving a trifling fee to any master or steward of any of the steamers that ply beyond the mouth of the Thames, charging him to dip it in the clear open sea, beyond the reach of rivers. I have been in the habit of having a twenty-gallon cask filled for me, for which I gave a couple of shillings. A cask of fir-wood is preferable, but if you cannot get any other than an oak cask, let it be well-seasoned for two or three weeks before it is used, by filling it with water (fresh or salt) changed every day. For smaller quantities of water, large jars of stone-ware are the best, being free from any objection to taint or tinge. Both casks and jars can be easily sent by railway to any part of the kingdom; and pure water will not spoil by delay.

For stocking the aquarium, the following plants will be useful:—*Rhytiphlaea pinastroides*, the *Polysiphonia*, *Corallina officinalis*, *Delesseria alata*, *Chondrus crispus*, *Phyllophora rubens*, the *Griffithsia* and some of the *Callithamnia*: these belong to the Red Order; of the Green weeds, *Codium tomentosum* affords food for some Mollusca that will eat nothing else. The *Cladophoræ* are good; *Bryopsis plumosa*, a most elegant little plant, flourishes in confinement; and *Ulva latissima* is probably the best of all sea-weeds for the purpose.

The pieces of rock to which the plants are attached should be as clean as possible. All adhering sponges, in particular, should be carefully scraped off.

Of the animals which thrive best in an Aquarium are the small Sticklebacks (*Gasterosteus*), which are marine as well as fluviatile; the Grey Mullet, the Blennies, and Gobies, the Wrasses, and the Rocklings, among fishes. Of Mollusca, the *Aplysia*, the Periwinkle, the Chitons, the Scallops, and some of the sand-burrowing Bivalves, as *Venus*, *Pullastra*, &c. Of Crustacea, *Eury-nome*, *Portunus puber*, *Carcinus mœnas*, *Ebalia*, Co-

If you have not a capon feed on an onion.

He that will not be advised cannot be helped.

Think of ease, but work on.

rystes, the Paguri, Porcellana platycheles, the Crangones, the Palæmones. Of *Annelides*, Pectinaria, the Sabellæ, the Serpulæ, Pontobdella muricata. Of *Zoophytes*, the Madreporæ, and all the Actiniadæ. Mr. Gosse recommends a personal research in collecting specimens ; but when this cannot be done, Mr. William Thompson, of Weymouth, a gentleman of scientific acquirements, would supply them.

Living sea-weeds can be transmitted a long distance without water. Mr. Gosse used to employ a tin box enclosed by a basket. At the bottom he placed a layer of refuse-weed, the common Fucus Serratus, freshly gathered and quite wet. On this bed he laid the growing specimens, arranging the pieces of rock so as not to shake about and injure the plants, until the box was nearly full ; over all refuse-weed is again laid, filling up all hollows, and so pressing the whole when the box is shut as to prevent any motion of the stones. Many animals may be forwarded in the same way. The Mollusca, many of the Echinodermata, several of the Crustacea, and all Actinise, are transmitted with more ease and less danger thus than in water. A handful of loose weed, wet with sea-water, to keep a moist atmosphere around them, may be thrown into a canister or jar, and the animals placed in among it. *The vessel should not be filled*, nor should any pressure be allowed on the animals ; the weed, too, though fresh, must be plucked, as pieces of rock would be injurious to the more tender animals. Fishes, however, many Crustacea, most of the Annelidæ, all Medusæ, and the more delicate Zoophytes, require to be sent in sea-water. Mr. Gosse uses wide-mouthed jars of stoneware, with water-tight screwed tops, several of which may be packed in a hamper. At other times a 12-gallon zinc pail, protected by a wicker case with a screw lid, of which the central part is perforated with minute holes. The packages should be opened immediately on arrival ; several bowls, pans, &c., should be ready, each half filled with sea-water. The water in the vessels just received should be carefully dipped or poured off, and the specimens placed one by one in the bowls ; they can afterwards be placed in the Aquarium. Should any of the more delicate animals appear much exhausted, they may often be

In a thousand pounds of law there's not an ounce of love.

In expenses be neither pinching nor prodigal.

Feeling is no criterion of right or wrong.

restored by a prompt aëration of the water around them.

When the water is contaminated the whole should be drawn off by means of a siphon, without disturbing the sediment, into pans, into which, for the present, the plants and animals may be put. The tank should be wiped out and rinsed, and then the water should be filtered back into it ; a funnel (if of glass, earthenware, or gutta-percha, the better) is placed over the tank with a bit of sponge pushed lightly into the top of the tube, so as to allow the water to run through in a narrow, thread-like stream. The vessel should occasionally be looked over, to see if there be any of the specimens dead. If the plants show an orange hue they must be taken away, and the diseased parts cut clean away. Dead animals must be at once removed, or contamination will soon result. If the tank remains habitually uncovered, or protected only by a coverlid of muslin, it is needful that additions of pure *fresh* water (not *sea-water*), be made from time to time to replace the loss by evaporation. Distilled water is of course the best ; but, practically, river-water will answer perfectly well. The time and quantity of these additions ought to be regulated by a hygrometer, the specific gravity of the sea-water being maintained at 1027. Such are a few of the instructions given by Mr. Gosse in his interesting work on the "Aquarium ;" and those who desire to study the subject more closely will do well to consult his pages, which contain ample and most interesting details.

Dr. Graham's Rules for the Mother, and for the General Management of the Child, during the First Month.

1. **L**ET her not permit herself to be persuaded from having her child put to the breast, so soon as she may be able to bear the fatigue.
2. Let her not delegate to another the sacred duty of nursing her own child, unless the reasons for so doing are insurmountable.
3. She must scrupulously attend to the dressing and

Where love fails we espy all faults.

A good name keeps its lustre in the dark.

That little which is good fills the trencher.

undressing, or even performing this herself, when her health and strength will permit this delightful task.

4. She should never, under any pretext of convenience, permit her child to be fed,* so long as she can supply it with sufficient nourishment herself; and to secure to herself this important point, she should pay a scrupulous regard to her diet, and exercise in the open air.

5. The dressing of the child should early engage the attention of the mother; it should always be made subservient to comfort instead of show.

6. This should consist, in part, of flannel, especially during cold, or even cool weather.

7. The dressings of the child should be changed as often as they become soiled, when this luxury can be indulged in.

8. Though it may be found that flannel is the most eligible substance as a general rule, there are cases in which it may be improper; and these should be carefully distinguished.

9. The belly-band is one of the most important parts of the child's dress; it should always be made of flannel, and should be always cut *bias*.

10. The greatest care should be taken to apply it properly; and too tight an application should be particularly avoided.

11. If this bandage is applied too tight, it may produce the evil it is intended to prevent.

12. The child should be carefully protected against all unnecessary wet; and when it is discovered to be in this situation, it should be changed as quickly as possible.

13. In dressing the child as few pins should be employed as possible; three are all that are necessary, if the clothes be properly arranged.†

14. As a general rule, the child should never be fed at this period of life; there may be exceptions, however, that may render this necessary.

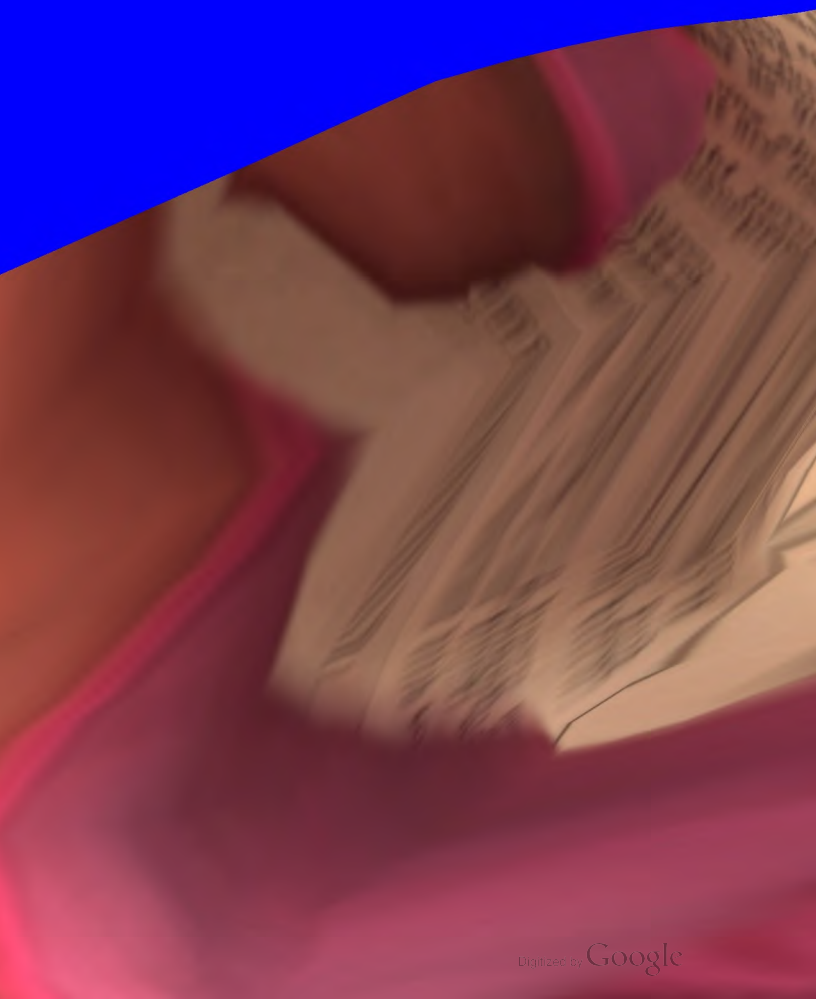
* Some of the strongest and most healthy children we have seen have been brought up thus :—As soon as the child is old enough, *fixed* but alternate meals of mother's milk with farinaceous food, with a sufficient time allowed for proper digestion.

† We have seen a child's trousseau so well managed as not to require a single pin in fitting it on.

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Better the last smile than the first laughter.

15. If the child be fed, it should have but small quantities at a time, and never be crammed to surfeit.

16. The woman should exercise in the open air, as soon as this is rendered safe, by the state of her health, the period after confinement, and the state of the weather.

17. She should never subject herself to *partial* exposure, under the hope of hardening herself.

18. The re-application of a diaper, after it has been dried simply, should be prohibited, as several evils arise from the practice.

19. The mother may indulge in such diet as her experience has proved to be innocent, for it will seldom or never disagree with the child, when it perfectly suits the mother.

20. When the mother experiences any inconvenience from the use of any substance or substances, she should not hesitate a moment to abandon them; for if they disagree with her, they will be sure to do so with the child.

21. Should there be a failure in the quantity of milk, the mother must not attempt to increase it by highly-seasoned food and stimulating drinks.

22. She may, however, use, and sometimes with great advantage, the ordinary nutritious substances.

Rules adapted to the Infant State.

1. **U**SE a child early to the boat or spoon, in case of illness or a failure of milk from the breast of the mother.

2. Keep an infant dry and warm, to preserve health, promote growth, and obviate chafing.

3. Feed an infant in an upright posture, to give uniform distention to the stomach, and thus to obviate indigestion and gripes.

4. In the act of suckling, it is proper to take a child frequently from the breast for a minute or two, to obviate too rapid a distention of the stomach, which occasions puking or acidities.

5. Expose an infant early in the air, to strengthen and enable it to withstand colds, and to obviate purging.

Watch your temper narrowly.

Step after step the ladder is ascended.

6. Attend invariably to clean linen in an infant, to prevent diseases of the skin, slow fever, rickets, and decline.

7. Let an infant's dress be loose and easy, and free from pins, to avert accidents, glandular obstructions, and impediments of growth.

8. Place an infant when asleep on the right side, to favour the descent of the food into the bowels, and to obviate indigestion.

9. Attend strictly to plaintive cries ; by this means you may trace first the cause of illness, for a child will never cry if well and at ease.

10. Wash a *strong* child in cold water, and dip it thrice a-week ; wash a weak one in warm water, to refresh, promote healthy perspiration, and prevent diseases of the skin.

11. Encourage a child to stretch and thrust out its limbs and crawl about, to teach it active habits early, to strengthen it, and promote circulation.

12. Rub a young child night and morning all over with the hand ; this exercises it, and promotes the circulation of the blood.

13. Brush a child's head, and wash it frequently with (unscented) soap and water, to prevent scald head, and painful eruptions behind the ears and on the neck.

14. If a child has cut four teeth, if it is in good health, and its bowels are regular, wean it at nine months, without any previous preparation ; do this to obviate numerous inconveniences both to the mother and child.

15. If a child has been lately weaned, and is attacked with whooping-cough, or any other severe disease, it may require the breast again ; it will be thus supplied with the diluting nutriment, which it would then stand in need of ; or, should a weaned child, to which is offered suitable food, fall off in its health, decline and pine away, it may be prudent to procure for it a pure breast of milk, and let the child suck again, to obviate an exhausting fever, which will inevitably prove fatal. N.B. This rule, however, must not be invariably adopted, and ought always first to have the sanction of an able professional man.

Wise men care not for what they cannot have.

Good words without deeds, are rushes and weeds.

Be not ungrateful to your old friend.

N

16. An infant should have three or four stools daily, of a bright orange colour ; a deviation from this appearance denotes acidities and indigestion.

Rules adapted to Childhood.

17. **I**F a child takes but little exercise, give it but little solid food, increasing it in proportion to the exercise taken, to obviate thirst, headache, and glandular obstructions.

18. Should a child's breath smell, it is commonly a symptom of a disordered stomach, or of worms. Should its belly grow large, its complexion become pale, and flesh soft, disease has already commenced. In either of these cases the child will require a good free air, and not only domestic but medical management.

19. *In a fit* : untie the clothes, raise the head, wipe away all froth from the mouth, and keep it open, pressing down the tongue, and drawing it forward at the same time. Let the child be first quickly exposed to cool, fresh air, and its face sprinkled with cold water ; then gently rub, with a warm hand, the belly, back, and limbs ; apply a succession of warm flannels to them, or resort to a warm bath, and put warm tiles under the arm-pits ; strike the soles of the feet smartly with a piece of flat wood, tickle the nostrils and inside of the ear with a feather, or toothpick. To an infant give five drops of hartshorn in a little water ; to a child two years old, ten drops in a little water.

N.B. Remember, though no sign of life appear, it is necessary for two hours to act up to these directions. Do not suffer the head to hang back, nor to lean forward upon the chest.

Cautions adapted to Infancy and Childhood.

1. **N**EVER let an infant sleep alone at night in cold weather, for fear of suspending the breath, and the circulation of the blood.

2. Never let an infant sleep the whole night on the mother's arm, for fear of suffocation.

To delay justice is injustice.

No man is safe or wise but he that is honest.

It costs more to revenge injuries than to bear them.

3. Never wake an infant out of a sound sleep by rough means, for fear of producing fits or a purging.

4. Avoid the use of tight bandages, especially round the body, for fear of producing fits, obstruction of the bowels, or decline.

5. Avoid giving Godfrey's Cordial, Daffy's Elixir, or any other warm anodyne, for fear of producing fits, fever, or palsy, a common consequence of quack medicines indiscreetly given. N.B. Dalby's Carminative is a safer medicine than either of the foregoing, but is objectionable from its containing laudanum, and a great deal of essential oil.

6. Avoid giving any quack medicine, for fear of bringing on decline or sudden death.

7. Avoid feeding infants in the night, for fear of bringing on the gripes, and even worse complaints, from over-distention of the stomach.

I knew a lady of rank, who was so fond of feeding her infants, that she would have them taken up, for this purpose, several times in the night. The consequence was, that she lost all her children at the age of from twelve months to two years.

8. Avoid warm nurseries and close air, for fear of making a child delicate, weakly, and susceptible of cold.

9. Avoid carrying a child always on the same arm, for fear of making it crooked.

10. Never confine a child's limbs by wrapping its clothes tight round it, especially at night; by inaction of the muscles, and retention of moisture, the child will become weak and sickly.

11. Avoid exposing an infant to the open air in a cold season; when its bowels are disordered, or if it has shortness of breathing, with fever and cough, for fear of bringing on high inflammation.

12. Never allow a child's food to be chewed, it is not only a nasty practice, but, if the nurse has a sore mouth or gums, she may communicate disease.

13. Never provoke violent laughter, nor disregard violent crying, for fear of a fit in either case.

14. Never wash a child with milk, with a view to heal a chafed part,—milk will inflame, and cold water will heal it.

The furniture of a house is the image of the owner.

Many speak ill, because they never learned to speak well.

He that wants hope is the poorest man living.

Things worth remembering by Servants.

NEVER enter a room without stopping at the door. Always do your work cheerfully, and it will be done easier. Rise early, and your work will be done properly: if you rise late, everything goes wrong. Always do as you are ordered by your superiors, *even if you think you know better*. Be punctual. Remember that cleanliness in all you do is essential to health. Always receive messages with due attention, and if your memory is defective, write them down; if you cannot write, the sooner you learn to do so the better. Deliver notes, parcels, &c., upon a salver or waiter. Never frighten children by absurd stories and threats, but be kind and attentive to them. Be careful of your wages, and lay up a store in case of sickness or need. Attend to your religious duties. Always be neat and clean in your person, and not overdressed, which is a fault so many servants are guilty of, and the commission of which leads to the numerous ills that attend vanity and extravagance.

The Way to be Happy.

A HERMIT there was, and he lived in a grot,
 And the way to be happy they said he had got;
 As I wanted to learn it, I went to his cell,
 And when I came there the old hermit said, "Well,
 Young man, by your looks, you want something, I see,
 Now tell me the business that brings you to me?"

"The way to be happy, they say, you have got,
 And as I want to learn it, I've come to your grot.
 Now I beg and entreat, if you *have* such a plan,
 That you'll write it me down, and as plain as you can."
 Upon which the old hermit went in for a pen,
 And brought me this note when he came back again:—

"'Tis *being*, and *doing*, and *having*, that make
 All the pleasures and pains, of which beings partake,—
 To be what God pleases,—to *do* a man's best,—
 And to *have* a good heart,—is the way to be blest."

Positive men err most of any.

He that swells in prosperity will sink in adversity.

Sadness contracts the mind; mirth dilates it.

Fluctuations of the Barometer.

Fall of the Barometer.—In very hot weather the fall of the mercury denotes thunder. Except in very hot weather, the sudden falling of the barometer denotes thaws. If wet weather happens soon after the fall of the barometer, expect but little of it. In wet weather, if the barometer falls, expect much wet. In fair weather, if the barometer falls much and remains low, expect much wet in a few days, and, probably, wind. N.B. The barometer sinks lowest of all for wind and rain together, next to that for wind (except it be an east or north-east wind). *Rise of the barometer.*—In winter the rise of the barometer presages frost. In frosty weather the rise of the barometer presages snow. If fair weather happens soon after the rise of the barometer, expect but little of it. In wet weather, if the mercury rises high and remains so, expect continued fine weather in a day or two. In wet weather, if the mercury rises suddenly very high, fine weather will not last long. N.B. The barometer rises highest of all for north and east winds; for all other winds it sinks. *The barometer unsettled.*—If the motion of the mercury be unsettled, expect unsettled weather. If it stands at much rain, and rise to changeable, expect fair weather of short continuance. If it stands at fair, and fall to changeable, expect foul weather. N.B. Its motion upward indicates the approach of fine weather; its motion downward indicates the approach of foul weather.

Youthful Piety.

WHEN the Princess Anne, daughter of Charles I., lay upon her death-bed, and nature was almost spent, she was desired by one of her attendants to pray: she said that she was not able to say her *long prayers*,—meaning the Lord's Prayer,—but she would say her short one: "Lighten mine eyes, O Lord, that I sleep not the sleep of death." The little innocent had no sooner said these words than she expired: she was not quite four years of age.

Adversity is the balance to weigh friends.

Fine sense is not half so useful as common sense.

To be proud of learning is the greatest ignorance.

How to choose Potatoes, and keep them from being Wasted.

THAT excellent authority, M. Soyer, says : — Observe, in a general rule, that the smaller the eye, the better the potato, as when they are too full in the eye, they are either of an inferior quality, or are running to seed. To ascertain if they are sound, nip a piece from the thickest end with your finger-nail ; if good, the inside will either be of a white, yellow, or reddish hue, according to the sort and quality ; if, on the contrary, they are spotted, they are bad, or getting so ; but though this part may be slightly touched, by cutting a little off the outside they may prove fit for boiling ; though they ought to be bought, when in this state, at a cheap rate. Potatoes always get bad in the spring of the year, as then the old ones are going out, and the new ones for some time continue to possess but little flavour, and are watery when boiled. The old ones ought to be peeled, and steamed, and mashed, or baked in an oven under a joint, or fried in fat ; for when done whole in their skins at this time of the year, the slightest spot spoils their flavour. The new ones are tasteless and watery, and are much better cooked when put in very hot water, but not boiling, than when put in cold."

There are few articles in families more subject to waste, both in paring, boiling, and being actually thrown away, than potatoes ; and there are few cooks but what boil twice as many potatoes every day as are wanted, and fewer still that do not throw the residue away, as totally unfit in any shape for the next day's meal ; yet, if they would take the trouble to heat up the despised cold potatoes with an equal quantity of flour, they would find them produce a much lighter dumpling or pudding than they can make with flour alone ; and by the aid of a few spoonful of good gravy, they would produce an agreeable dish for the dinner-table.

Making a Will.

MUCH good advice is contained in the following recommendations in the "Information for the People." Great distress among families is often pro-

Never praise talents ill-employed.

The greatest misfortune of all is not to be able to bear misfortune.

Do not show off your children's accomplishments.

duced by individuals who have property to bequeath, not making a will or testament. Why such individuals do not make their wills, it is difficult to explain. Perhaps it arises from carelessness and a spirit of procrastination, or a want of resolution in men to make up their minds with respect to how they would distribute their property at their decease. Some may, indeed, be so foolish as to imagine that the making of their will would hasten the approach of death. From whatever cause it proceeds, it is a highly blameable failing. It is the duty of every person possessing property, whether engaged in business or otherwise, to make a will, and describe in some species of document how he would wish his affairs to be arranged in the event of his dying. There certainly are cases in which men of property would not wish their possessions to be distributed in any other way than as the law would dictate; yet it is the mark of a well-regulated mind to leave a will descriptive of the means to be pursued in the accession to, and management of, their property and concerns. To do so, at least, would often save a great deal of trouble and some expense, and be a preventive of litigation among relations. We, therefore, must insist that the making of a will is a sacred duty which ought to be performed, and that without delay. In the midst of life we are in death; no one knows but in one hour hence he may be no more. We beseech fathers of families, and others similarly placed—those even who may have property but to the value of a few pounds—to lose no time in executing their will. By leaving so much as a letter subscribed by their name, to be opened after their decease, they may spare much vexation to those whom they hold dear, they may quench much petty jealousy, much unseemly disputation.

In a country such as Scotland, where a wife dying without having had any live children, the one-half of the moveable property of the husband goes legally to her relations; it is incumbent on wives so circumstanced, if they have any love and esteem for their husbands, to make their wills; that is, put in writing a simple expression of their desire that their husbands may inherit the property which belongs to the wife in virtue of their marriage. By an inattention to this easily per-

He who can talk only on one subject is seldom wanted.

Confound not matters of belief with matters of opinion.

If no seed be sown, no crop can be reaped.

formed duty, there are many litigations, many widowers ruined.

To these excellent observations, we may add a few *directions for making a will*. A will cannot be written in language too simple or concise: it must be written with ink, on paper or parchment, and, if contained on one sheet, ought to be signed at the end by the testator, in the presence of two or more witnesses; but if written on more than one sheet, the testator and the witnesses must sign each sheet. The witnesses (*who must be parties not interested in the will*) must rigidly comply with every particular required by the attestation clause, at the end of which clause they must sign their names. The signature of the testator must be acknowledged by him, in the presence of the witnesses; and in order that this may be properly done, he must (after having signed the will) take it in his hand and say, "I acknowledge this to be my last will and testament, and request you to witness it." The following form may suffice as a general guide:—

"This is the last will and testament of me ,
of . After paying all my just debts, funeral,
and testamentary expenses, I give, devise, and bequeath
unto , also to , and as to the residue,
and remainder of all my real and personal estate, I
give, devise, and bequeath the same unto .
And I hereby appoint , and , executors
of my will, as witness my hand, this day of
18 .

"*Attestation.* Signed and acknowledged by the said
, the testator, as and for his last will and
testament in the presence of us, being present at the
same time, who at his request, in his presence and in
the presence of each other, have hereunto subscribed
our names as witnesses."

A *codicil to a will* is to be made with the same regulations as the will itself, and may be written thus:—
"This is the codicil to my last will and testament,
bearing date the day of , 18 , and I direct
it may be taken as part thereof. I give, devise, and
bequeath, &c. As witness my hand this day of
, 18 ."

Every day has something worthy to be noted.

In calamity, think how much may have been escaped.

He must mingle with the world that desires to be useful.

*The following should be remembered:—*In all cases where a name is given, it is indispensable to describe clearly the Christian name (in full), the surname, residence, and trade or profession. The residue (mentioned in the form of will) becomes the property of the next of kin, unless otherwise provided for.

Obliterations or alterations of any sort in a will, ought, if possible, to be avoided as dangerous; when, of necessity, they are made, they should be signed by the testator and witnesses in the margin, or as near to the alteration as possible, and the alterations specially noticed in the attestation clause as having been made before the will was signed.

Marriage after making a will renders the will void.—If a person wish to dispose of all his property in one gift, the words, "all my real and personal estate," may be used.

It is not indispensable for a witness to know the contents of a will, which, if desired, may be so folded as to prevent any other than the signature and the attestation clause being read.

Directions to executors.—Having caused the property to be described and valued, take the inventory with the will to your proctor, *within six months* after the decease of testator. The will has to be deposited in the Registry of the Ecclesiastical Court, and a copy (the probate) will be delivered to you, with a certificate of its having been proved. You may then collect the debts, and satisfy all demands upon the estate in conformity with the precedence required by law.

Providence.

LO, the lilies of the field,
How their leaves instruction yield!
Hark! to nature's lesson given
By the blessed birds of Heaven!
Every bush and tufted tree
Warbles sweet philosophy;
Mortal, flee from doubt and sorrow,
God provideth for the morrow!

HEBER.

Hyperbolic praise only corrupts.

Principles can only be strong by the cogency of religion.

The desire of fame is dangerous to virtue.

How to Cook an Egg.

SIMPLE as it may be, how few persons are able to satisfy themselves or others in this particular. A correspondent of the "Cottage Gardener" remarks:—"An egg should not be boiled; it should only be scalded—*vulg.* coddled. Immerse your egg in, or, which is better, pour upon your egg boiling water. For time; proportion your time to the size and number of your eggs, and the collateral accidents. If you cook your egg upon the breakfast table, more time will be required: but if you place your apparatus on the hob, where there is a fire, and so the radiation of heat is less positive, less time will suffice. The latter way is mine, winter and summer, and the differences of the surrounding circumstances equalize, or nearly so, the time. I keep one egg under water 9 minutes, two 9½, three 10, and four nearly 11 minutes. The yolk first owns the power of the caloric, and will even be firmly set, while the white will be milky, or at most, tremulously gelatinous."

Good Manners.

GOOD manners (observes Locke) are the blossom of good sense, and, it may be added, of good feeling too; for, if the law of kindness be written in the heart, it will lead to that disinterestedness in little as well as great things—that desire to oblige, and attention to the gratification of others, which is the foundation of good manners.

Cleaning Windows.

WE are decidedly averse to employing female servants, or even inexperienced males, in cleaning windows; for a small sum, a person accustomed to this work can be retained: however, when circumstances prevent this, the following hints addressed to servants may be useful:—

Be careful *not to stand outside* the windows, but sit down and pull the top sash down to you, and push up the lower sash. Commence by dusting the frames, glass,

Those that have loved longest love best.

A name should be written so that it cannot be mistaken.

He who talks only of himself is soon left without an audience.

&c., then pass a *damp* sponge over the panes of glass, frames, &c., cleaning out the corners of each pane with a pointed piece of stick. Clean each pane separately, and wipe off the moisture by rubbing the glass over three or four times with a clean, dry wash-leather; this should be done quickly. If the windows are plate-glass, their appearance is much improved by dusting a little finely-powdered stone-blue over them, before you give it the last rub.

Prayer.

ERE the morning's busy ray
 Call you to your work away;
 Ere the silent evening close
 Your wearied eyes in sweet repose,
 To lift your heart and voice in prayer
 Be your *first* and *latest* care.

He, to whom the prayer is due,
 From heaven, His throne, shall smile on you;
 Angels sent by him shall tend
 Your daily labour to befriend,
 And their nightly vigils keep
 To guard you in the hour of sleep.

CRABBE.

Treatment in Cases of Fits.

FITS generally commence by yawning, dejection of spirits, anxiety of mind, difficulty of breathing, sickness, and palpitation of the heart. To restore the patient, apply strong smelling salts to the nose, cold water to the face, loosing any part of dress that may appear tight, especially round the neck and body, as it is frequently caused by tight lacing. Rub the temples with ether; as soon as swallowing can be effected, give sal-volatile and spirit of lavender in water: a little ether, or if there is nothing else at hand, weak brandy and water cold. If the syncope frequently returns, cold or tepid bathing may be resorted to with exercise, regular hours, and light meals.

Where secrecy begins, vice is not far off.

Complainers are always loud and clamorous.

A wise man will make haste to forgive an injury.

Women's Tears.

NEVER witness a tear from your wife with apathy or indifference. Words, looks, actions,—all may be artificial; but a *tear* is unequivocal; it comes direct from the *heart*, and speaks at once the language of truth, nature, and sincerity!

Mutual Forbearance.

ALAS, and is domestic strife,
 The sorest ill of human life,
 A plague so little to be feared,
 As to be wantonly incurred,
 To gratify a fretful passion,
 On every trivial provocation?
 The kindest and the happiest pair
 Will find occasion to forbear,
 And something every day they live
 To pity, and perhaps forgive.
 The love that cheers life's latest stage,
 Proof against sickness and old age,
 Preserved by virtue from declension,
 Becomes not weary of attention;
 But lives when that exterior grace,
 Which first inspired the flame, decays.
 'Tis gentle, delicate, and kind,
 To faults compassionately blind,
 And will with sympathy endure
 Those evils it would gladly cure.
 But angry, coarse, and harsh expression
 Shows love to be a mere profession;
 Proves that the heart is none of his,
 Or soon expels him if it is.—COWPER.

Practical Directions to Gardeners.

PERFORM every operation in the proper season. Perform every operation in the best manner. This is to be acquired in part by practice, and partly also by reflection. For example, in digging over a piece of ground, it is a common practice with slovens to throw

A bad tailor is poor economy.

Be strict in the performance of family devotion.

Ignorance is a subject for pity, not laughter.

the weeds and stones on the dug ground, or on the adjoining alley or walk, with the intention of gathering them off afterwards. A better way is to have a wheelbarrow, or a large basket, in which to put the weeds and extraneous matter, as they are picked out of the ground.

Complete every part of an operation as you proceed ; this is an essential point in garden operations, and the judicious gardener will keep it in view as much as possible : hoeing, raking, and earthing up a small part at a time, so that, leave off where he will, what is done will be complete.

In leaving off working at any job, leave the work and tools in an orderly manner.

In leaving off work for the day, make a temporary finish, and carry the tools to the tool-house.

In passing to and from the work, or on any occasion through any part of the garden, keep a vigilant look-out for weeds, decayed leaves, or any other deformity, and remove them.

In gathering a crop, remove at the same time the roots, leaves, stem, or whatever else is of no further use.

Let no crop of fruit, or herbaceous vegetables, go to waste on the spot.

Cut down the flower-stalks of all plants.

Keep every part of what is under your care perfect in its kind.

Attend in spring and autumn to walls and buildings, and get them repaired, jointed, glazed, and painted, where wanted. Attend at all times to machines, implements, and tools, keeping them clean, sharp, and in perfect repair. See particularly that they are placed in their proper situations in the tool-house. House every implement, utensil, or machine not in use. Let the edgings be cut to the utmost nicety. Keep all walks in perfect form, whether raised or flat, free from weeds, dry, and well rolled. Let all the lawns be of a close texture, and of a dark-green velvet appearance. Keep the water clean and free from weeds, and let not ponds or lakes rise to the brim in winter, nor sink under it in summer. If too much enshrouded by trees, the water is rendered impure, and its clearness is destroyed.

Every good thing is liable to abuse.

Some good may be extracted from every evil.

Every man is the guardian of his own health.

Time-Table for Roasting.

M. SOYER gives the following time-table for roasting:—

Ten pounds of *beef* will take from two hours to two hours and a half roasting, eighteen inches from a good fire. Six pounds, one hour and a quarter to an hour and a half, fourteen inches from the fire. Three ribs of beef, boned and rolled, well tied round with paper, will take two hours and a half, eighteen inches from the fire, and only baste once. If beef is very fat, it does not require basting; if very lean, tie it up in greasy paper, and baste well.

Eight pounds of *veal* will take from one hour and a half to two hours, eighteen inches from the fire; if stuffed, at least two hours.

Chump, or loin and kidneys, of four pounds, will take one hour and a quarter: baste well. Six pounds of breast, one hour, twelve inches from the fire. Six pounds of the shoulder and neck the same.

Calf's heart, well stuffed, and tied up in paper, three quarters of an hour.

A leg of *mutton*, of eight pounds, will take one hour and a half, eighteen inches from the fire. Saddle, ten pounds, one hour and a quarter to one hour and a half, eighteen inches, measuring from the flat surface. Shoulder, one hour and a half; loin, one hour and a half; breast, three quarters of an hour; neck, one hour.

Lamb, according to size, but in the same proportion less than mutton, but ought always to be well done, and placed nearer the fire; if a good fire, about fifteen inches from it.

Pork should be well done; a leg of six pounds, with skin over, two hours, eighteen inches from the fire. Loin of the same, one hour. Neck, the same weight, one hour and three quarters. Pork, rubbed with salt the night previous, and then scraped before roasting, improves the flavour.

In roasting of beef, mutton, lamb, pork, and poultry, place a dripping-pan under the meat, with a little clean dripping or fat, which should be very hot when the meat is basted. A quarter of an hour before serving, add half a pint of water to the fat in the dripping-pan;

Adapt your food to your constitution and employment.

Never trifle with your health by consulting quacks.

Conversation at table promotes digestion.

dredge the meat with flour and salt. When the meat is dished up, pour the contents of the pan into a basin, straining it through a gauze sieve kept on purpose; remove all the fat, add a little colouring and salt to the gravy, and pour it into the dish under the meat.

Veal and poultry should have half the quantity of water put into the pan, and that, when strained, added to half a pint of thick melted butter, adding two teaspoonfuls of any sauce for flavour.

M. Soyer's method of roasting *poultry* is as follows:— Hang it up with worsted, about ten inches from the fire; let it hang for ten minutes to set the skin, then press into a wooden spoon a piece of butter or hard dripping; when the skin is very hot, rub it over with the fat in the spoon until all is melted, then draw it back to about twelve inches; a good-sized fowl will take three quarters of an hour; chicken, twenty minutes; middle-sized goose, one hour; turkey of fourteen pounds, two hours and a half; hare, large, one hour and a half; if very young, three quarters of an hour. Never baste them, but dredge all, after having well rubbed them over with butter, as for fowls.

Small game should be placed nearer the fire.

Balcony-Gardens.

MR. HOPGOOD gives some useful hints on this subject. Slate boxes are very superior to deal ones; and as they are generally used for climbing and other plants that are stationary, they should be large, so as to allow plenty of room for the roots. They should be from one foot to two feet deep; and proportionably wide and long, as they will be fixtures. They should be raised at least three or four inches from the lead or cement, to allow freedom of air, and to let off the surplus water, or the plants will not do well. It is well to have a good portion of broken pots at the bottom, with some coarser mould over them, and then to fill up the remainder of the box with the proper compost. Boxes filled thus last the longest and do the best (if the weather be hot) in a north or an east aspect; but if the weather be cool or wet, and not favourable, then the

Begin cautiously in business, and advance slowly and surely.

He that deals with a fox must expect cunning.

Manage disputes with civility.

Indulge always in a benevolent forgetfulness of self.

best aspects are the south and the west. The plants, if they do well, should be looked over, and tied up once a fortnight. Watering, which is the most essential part of the whole, is generally the worst attended to. It is very simple just to notice if the earth looks black or damp; in which case it does not want water, and if it is then watered a great deal of mischief is done, more particularly if it be cool or cold weather at the time. If the earth looks dry and brown, water is required, and a good supply should be given, sufficient to saturate thoroughly the whole mass of earth. If at any time you perceive a vacancy between the mould and the pot or box, you may be sure that the earth is too dry, and, consequently, it should be watered twice, the second time an hour or two after the first, as the first seldom does more than make the mould damp, the second will then do much good. If this business of watering were better attended to, or better understood, plants would be more than doubly benefited by it; and those who are fond of plants would have a far greater pleasure in making purchases when they saw the plants thrive under their hands. Another point worth attention is the very bad practice of getting a very small watering-pot with a rose, and just to give the plants a sprinkling over their tops, and to consider that this will be enough; and very often after this has been done, the water has not entered the earth more than a quarter of an inch. It is the roots that want the supply; the other may answer as a syringing, and will do good if it be hot weather, and much harm if it be cold.

Herbs.

EVERY housekeeper who possesses a patch of ground should have a few herbs mostly in use for cookery and garnish. By this means they will always be fresh, and the expense, after the first purchase of the seeds or roots, is very trifling. Let the housekeeper look over her greengrocer's bills, and she will be surprised at the aggregate charge for herbs, and such small gear as horseradish, fennel, &c., in a month or year. A very few square yards of ground will suffice to cultivate as many herbs as are wanted by any family.

Diligence is the great harbinger of truth.

Never allow yourself to be made the harlequin of company.

Quack Medicines.

ALL dabbling in medicines is bad, with children as with adults. It may be laid down as a general rule, that in all cases of illness no medicine should be given without the order or sanction of a medical man. In this country people are disposed to dose themselves too much and at random. They go to the next "chemist and druggist" for a "bottle of stuff" when they are ill. They might as well go to a dealer in artists' colours to have their portraits painted. There is reason for believing that a great many lives are sacrificed by persons trusting to treatment by druggists in the earlier stages of illness. In fact, a statistical reckoning in Manchester showed that a great many children perish through such a custom. It is particularly necessary that a competent medical authority should be consulted about the maladies of children. They cannot speak, and their complaints are only to be understood by a scientific investigation. As diseases in infancy often occur suddenly and make rapid progress, so are they capable, too, in many cases of being suddenly checked. The administration of "sleeping stuffs" to infants to keep them quiet is so positively injurious that it cannot be spoken of in too severe terms. In manufacturing towns, the extent to which this poison extends is frightful. Opium is the basis of quieting medicines.

Good Wives.

GOOD wives to snails should be akin,
 Always their houses keep within ;
 But *not* to carry (Fashion's hacks)
 All they are worth upon their backs.

Good wives, like city clocks, should be
 Exact, with regularity ;
 But *not* like city clocks, so loud,
 Be heard by all the vulgar crowd.

Good wives, like Echo, should be true,
 And speak but when they're spoken to ;
 Yet *not* like Echo, so absurd,
 To have for ever the last word.

Gold cannot furnish a contented man.

Gentleness is the great avenue to enjoyment.

Slips of the tongue are very inconvenient.

Heaven.

THIS world is all a fleeting show,
 For man's illusion given ;
 The smiles of joy, the tears of woe,
 Deceitful shine, deceitful flow—
There's nothing true but Heaven !

And false the light on glory's plume
 As fading hues of even ;
 And love, and hope, and beauty's bloom,
 Are blossoms gather'd for the tomb—
There's nothing bright but Heaven !

Poor wanderers of a stormy day,
 From wave to wave we're driven ;
 And Fancy's flash, and Reason's ray,
 Serve but to light the troubled way—
There's nothing calm but Heaven !

MOORE.

The Book above Price.

THE night before Lady Jane Grey suffered death, she addressed the following words to her sister, Lady Katherine Grey, in a letter written at the end of a Greek Testament :—"I have here sent you, good sister Katherine, a book, which, though it be not outwardly trimmed with gold, yet inwardly it is worth more than precious stones. It is the book, dear sister, of the law of the Lord ; it is His Testament and last Will, which He bequeathed unto us wretches, which shall lead you to the path of eternal life."

Management of Poultry.

AS "prevention is better than cure," the following remarks on poultry-houses, yards, &c., will be useful ; a perfect cure sometimes being effected by attention to such particulars alone, when there is every symptom of positive disease. Let, then, your poultry-house have, as near as may be, a south aspect, its site be dry—it

Hearts may agree though heads differ.

When you have enough remember the time of hunger.

Idleness travels slow, and poverty soon overtakes her.

may be made so by draining. The building itself as secure as possible from vermin, and well ventilated, and the yard, if on a wet soil, dug out at least a foot and a half deep, and formed of ballast, or brick rubbish, covered with good binding gravel, well levelled, and so arranged that wet shall not remain upon it, and that it may admit of frequent sweeping. In order to prevent the fowls, and chicks especially, from being annoyed by insects, clean out the house frequently, and never forget to do the same with the nest-boxes, which are their principal hiding-places, and twice or thrice a-year lime-white the inside thoroughly. Somewhere, under cover, have a large, shallow box, filled with wood-ashes and dry sand, in which your birds may dust themselves, which you will find them often doing. Mind! *wood-ashes*, not coal, as the former purify, while the latter soil and spoil, especially birds of light plumage. If you have perches or roosts at all, let them be broad and smooth, narrow ones injuring the breast-bone. Besides good corn, and that not of one kind continually, but varied, give them a supply of green food regularly, particularly if they have not free access to a small orchard or paddock. In fine, treat them not as *graminivorous* only, but as *omnivorous*, which will greatly tend to health.

Management of a Greenhouse.

IN winter, green-house plants should have an average day temperature of about forty-five degrees, and thirty-six or eight at night. In very cold weather, however, it is better to let the temperature stand at thirty-eight or forty by day, than to have recourse to much fire-heat. Under the same circumstances, it is enough if the night temperature is kept fairly above freezing-point. The less fire-heat employed the better. If required, the growth of any plants may be pushed on a little in February and March by giving gentle fires in the early part of the day. In all the mild weather of winter admit air freely, by opening the sashes, but so as not to cause a draught. In frosty, windy, or foggy weather in winter, avoid opening the green-house. As spring advances, give more and more air; but when

The liberal man will devise liberal things.

He that rises late hurries through the day.

Night is the season for self-examination.

the growth is tender, especially avoid opening to cutting winds, or so as to cause draughts: in such cases keep the windward side closed, and open the other as wide as possible. A greenhouse should never be shut up close when the sun is shining, or when the external temperature is as high as forty degrees, nor opened when it is frosty; and so that this is secured, the time of opening and shutting matters little. It is usual, however, in winter, to open as much as may be thought judicious between ten in the morning and two in the afternoon; and in spring the house is opened about six, or eight, or ten in the morning, and closed about four or six in the evening, according to the state of the weather. In winter, water as seldom as possible, so that the soil never gets quite dry: the same rule applies in summer, only then, instead of seldom, the operation becomes much more frequent.

When Spectacles may be really required.

WHEN we are obliged to remove small objects to a considerable distance from the eye in order to see them distinctly. If on looking at, and attentively considering a near object, it fatigues the eye and becomes confused, or if it appears to have a kind of dimness or mist before it. When small printed letters are seen to run into each other, and hence, by looking stedfastly on them, appear double or treble. If the eyes are so fatigued by a little exercise that we are obliged to shut them from time to time, so as to relieve them by looking at different objects. When all these circumstances concur, or any of them separately takes place, it will be necessary to seek assistance from glasses, which will ease the eyes, and, in some degree, check their tendency to become worse.

By using a single eye-glass, applied invariably to the same eye, the sight of the latter becomes different from the other, so that when spectacles are adopted, a distinct focal length is necessary for each eye, otherwise inflammation will ensue.

This should operate as a warning to those persons who obey a whimsical freak of fashion, rather than the dictates of common sense.

In penury a Christian can still be rich.

The worst of law is that one suit breeds twenty.

Little things have their own peculiar grace.

Trifles make Perfection.

A FRIEND called on Michael Angelo, who was finishing a statue; some time afterwards he called again; the sculptor was still at his work; his friend, looking at the figure, exclaimed, "You have been idle since I last saw you." "By no means," returned the sculptor, "I have retouched this part, polished that; I have softened this feature, and brought out this muscle; I have given more expression to this lip, and more energy to this limb." "Well, well," observed his friend, "but all these are trifles." "It may be so," replied Angelo, "but recollect *that trifles make perfection, and that perfection is no trifle.*"

Stews and Salted Meat.

LIEBIG observes, that stewing meat with vegetables is, probably, the most economical mode of cookery that has ever been invented, and many think it the most palatable. The meat should be cut into moderately small pieces, and put into the water when cold, and the whole should be very gradually heated till it nearly, but not quite, reaches the boiling point. The vegetables should be put in when the meat is about half done, and if a few onions are fried and added to the stew, they not only increase the flavour, but give a rich brown colour. *Stews should never be suffered to boil.*

After considerable experiments, Liebig found that the kind of salted meat which is least injurious to the system, is that which is cured with salt containing a considerable portion of chloride of calcium and chloride of magnesium; the external aspect of flesh salted in this manner being covered as if with a white froth, consisting chiefly of phosphate of lime and phosphate of magnesia, the earthy parts of the sea-salt having entered into mutual decomposition with the alkaline phosphates of the juice.

Meat thus cured and eaten with cabbage, or any other vegetable rich in potash, is nearly as digestible as fresh meat; it should, however, be eaten with caution by those who have weak stomachs.

He who marries for wealth sells his liberty.

Idle pleasure makes youth inglorious, and age shameful.

Example has more influence than authority.

Prudence.

DAUGHTER, the happiness of life depends
 On our discretion, and a prudent choice :
 Look unto those they call unfortunate,
 And, closer viewed, you'll find they were unwise ;
 Some flaw in their own conduct lies beneath ;
 And 'tis the trick of fools, to save their credit,
 Which brought another language into use.

YOUNG.

Cornish and Devonshire mode of making Butter.

PUT yesterday's milk in a pan of iron, tin, or earthenware (usually about nine inches deep, and fourteen to eighteen in diameter) ; place it on a slow fire : do not allow it to boil ; but as soon as it is nearly boiling (which should require two hours), remove it from the fire, and place it on cold stone for twelve or eighteen hours. Then skim the cream and make the butter with the hand, which will occupy from ten to forty minutes, according to circumstances well known to dairymen.

Professor Norton, in his "Elements of Scientific Agriculture," observes with regard to *butter-making* :—
 "The object in churning is to break up the little globules of butter. This is done by continued dashing and agitation. Where cream is churned, the best practice seems to be to allow of its becoming slightly sour. In many dairies the practice is to churn the whole milk. This requires larger churns, and is best done by the aid of water, or animal power. The excellence of butter is greatly influenced by the temperature of the milk or cream at the time of churning ; if this be either too hot or too cold, it is difficult to get butter at all, and when got, it is usually of poor quality. A large number of experiments have been made with regard to this point, and the result arrived at is, that cream should be churned at a temperature when the churning commences, of from fifty to fifty-five degrees of Fahrenheit's thermometer. If whole milk is used, the temperature should be about sixty-five degrees Fahrenheit at commencing. In summer, then, cream would need

The greater thou art, the more humble thyself.

Those who want good temper will not want trouble.

Mental pleasures never cloy.

cooling, and sometimes in winter a little warmth. It is surprising how the quality of butter is improved by attention to these points, unimportant as they may appear to some persons.

Some churns are made double, so that warm water, or some cooling mixture, according as the season is winter or summer, may be put in the outer part. It will be seen, that in whatever way the temperature is regulated, *a thermometer is a most important accompaniment to a dairy.* The time occupied in churning is also a matter of much consequence. Several churns have been exhibited lately, which make butter in from three to ten minutes; but the most carefully-conducted trials on this point have shown that, as the time of churning was shortened, the butter grew poorer in quality, was soft and pale, and did not keep well. If great care is not taken in washing and working when making butter, some buttermilk is left enclosed in it. No matter how well the butter is made in other respects, if buttermilk be left in it, there is always a liability to become rancid and offensive. When packed in firkins, it will be rancid next their sides and tops, and be injured to a greater or less depth, as the air may have obtained access. Salting will partially overcome the tendency to spoil, but not entirely, unless the butter is made so salt as to be hardly eatable. Another reason for much of the poor butter, which is unfortunately too common, is to be found in the impure quality of the salt used. This should not contain any magnesia or lime, as both injure the butter—they give it a bitter taste, and prevent its keeping. Professor Johnston mentions a simple method of freeing common salt from these impurities. It is to “add to thirty pounds of salt about two quarts of boiling water, stirring the whole thoroughly now and then, and allowing it to stand for two hours or more. It may afterwards be hung up in a bag and allowed to drain: the liquid that runs off is a saturated solution of salt, with all the magnesia and lime which were present. These are much more soluble than the salt, and are consequently dissolved first. Want of caution as to the quantity of salt used, and of care in separating the buttermilk, spoil great stocks of butter every year.”

Christians should be humble and thankful, watchful and cheerful.

The more we fear God the less we shall fear men.

To live is a gift, to die is a debt.

Frying.

FRYING is, of all methods of cooking, the most objectionable, from the foods being less digestible when thus prepared, as the fat employed undergoes chemical changes. Olive oil, in this respect, is preferable to lard or butter. If the meat is very juicy, it will not fry well, because it becomes sodden before the water is evaporated ; and it will not brown because the temperature is too low to scorch it. To fry fish well, the fat should be boiling hot (600 degrees), and the fish well dried in a cloth : otherwise, owing to the generation of steam, the temperature will fall so low, that it will be boiled in its own steam, and not be browned. Meat, or indeed any article, should be frequently turned and agitated during frying, to promote the evaporation of the watery particles. To make fried things look well, they should be done over twice with egg and stale bread-crumbs.

Punctuality.

A STORY is told of a merchant who was very punctual in all his engagements. Calling upon a mechanic one day, who was notorious for his want of the same excellent quality, and who had frequently deceived him ; "when," observed the merchant, "can I have my work finished and sent home ? Take your own time, and tell me positively, for I do not like to be disappointed." "On Thursday next," replied the mechanic, "if I am living you shall positively have it." Thursday came and passed without the promised work. In the evening the merchant called upon the printer of the town newspaper, and requested him to insert among the deaths the name of the mechanic. What was the surprise of the latter, on taking up the paper the next day, to find an announcement of his own death ! On desiring an explanation with the printer, he was referred to the merchant, who, on seeing him, expressed his astonishment at finding him alive ; "For," observed the merchant, "you solemnly promised, if you were living, I should have my work on Thursday." The mechanic, no doubt, profited by this lesson.

There is no day like to-day.

He that glories in his sin, glories in his shame.

Prayer, if it be done as a task, is no prayer.

Management of Gas in Rooms.

IT is generally thought that the smoking of ceilings is occasioned by impurity in the gas, whereas, there is no connexion between the deposition of soot and the quality of the gas. The evil arises either from the flame being raised so high that some of its forked points give out smoke, or, more frequently, from a careless mode of lighting. If when lighting the lamps the stopcock be opened suddenly, and a burst of gas be permitted to escape *before* the match be applied to light it, then a strong puff follows the lighting of each burner, and a cloud of black smoke rises to the ceiling. This, in many houses and shops, is repeated daily, and the inevitable consequence is a blackened ceiling. In some well-regulated houses, the glasses are taken off and wiped every day, and, before they are put on again, the match is applied to the tip of the burner, and the stopcock cautiously opened, so that no more gas escapes than is sufficient to make a ring of blue flame; the glasses being put on quite straight, the stopcocks are gently turned, until the flames stand at three inches high. When this is done, few chimney-glasses will be broken, and the ceilings will not be blackened for years.

The Rest of the Good.

WHEN by a good man's grave I muse alone,
 Methinks an angel sits upon the stone,
 Like those of old, on that thrice-hallowed night,
 Who sat and watched in raiment heavenly bright;
 And, with a voice inspiring joy, not fear,
 Says, pointing upward, that He is not here,
 That He is risen !—ROGERS.

Weights and Measures for Family Use, &c.

AS all families are not provided with scales and weights, referring to the ingredients generally used in cakes and pastry, a list of weights and measures may be useful. Wheat-flour, one pound is one quart; butter, when soft, one pound one ounce is one quart; loaf

The more faith the more humility.

He who takes advice is sometimes superior to the giver.

Make the true use of afflictions sent to chasten.

sugar, broken, one pound is one quart ; white sugar, powdered, one pound one ounce, is one quart ; eggs, ten eggs are one pound ; best brown sugar, one pound two ounces is one quart.

Liquid measure.—Sixteen large table-spoonfuls are half a pint ; eight large table-spoonfuls are one gill ; four large table-spoonfuls are half a gill. A common sized tumbler holds half-a-pint ; a common sized wine-glass holds half a gill. Allowing for accidental differences in the quality, freshness, dryness, and moisture of the articles, we believe this comparison between weight and measure to be as nearly correct as possible.

It may be well to remember also that a stone of butcher's meat is 8 lbs. ; a bale of feathers about 1 cwt. ; a pocket of hops, $1\frac{1}{2}$ to 2 cwt. ; a bag of hops, nearly 2 cwt. ; one long dozen, 13 articles ; one long gross, 156 articles ; 20 articles, one score ; five score, one common hundred ; six score, one long hundred ; a dicken of gloves, 10 dozen ; a last of feathers, 17 cwt.

Letters acknowledging receipt of Bills of Exchange, promissory notes, or other securities for money, require a receipt-stamp of one penny affixed or impressed.

In order to judge the weight of letters.—The weight allowed by the General Post Office for one penny is $218\frac{1}{2}$ grains ; a sheet of common quarto letter paper is 120 grains ; a sheet of thick quarto letter paper is 180 grains ; small thin post letter-paper per sheet, 65 grains ; wax sufficient for ordinary use, 6 grains.

Hints to Young Musicians.

ALWAYS play as if a master heard you. Dragging and hurrying are equally great faults. Learn well the fundamental laws of harmony. Be sure and accomplish whatever you undertake. Practise regularly every day ; let nothing interfere with this. When you are playing, never trouble yourself about who is listening. Only when the form is entirely clear to you, will the spirit become clear. In every period there have been bad compositions, and fools who have praised them. You must not circulate poor compositions, nor even listen to them, if you are not obliged. If any one lays

Wise men had rather know than tell.

Affectation is lighting up a candle to our defects.

Leave off ambiguous talking, should it even be true.

a composition before you for the first time for you to play, first read it over. Never dilly-dally about a piece of music, but attack it briskly, and never play it half through. Play in time! The playing of many virtuosos is like the gait of a drunkard. Make not such your models. Be not frightened by the words theory, thorough-bass, counterpoint, &c.; they will meet you friendly, if you meet them so. Have you done your musical day's work, and do you feel exhausted? Then do not constrain yourself to further labour. Better rest than work without spirit and freshness.

Something that all may Desire.

OH, may I still contented be
With what kind Heaven hath given me;
And though I may not *seem* so blest
As others,—think my lot the best.

Cakes.

IN making cakes, it is indispensably necessary that all the ingredients should be heated before they are mixed; for this purpose, everything should be prepared an hour before the time it is wanted, and placed near the fire or upon a stove—the flour thoroughly dried and warmed; the currants, sugar, carraway seeds, and anything else required, heated in the same way; butter and eggs should be beaten in basins fitted into kettles or pans of warm water, which will give them the requisite degree of temperature. Without these precautions cakes will be heavy: and the best materials, with the greatest pains, will fail to produce the desired results. The following directions should also be strictly attended to:—Currants should be very nicely washed, dried in a cloth, and then set before the fire. Before they are used, a dust of dry flour should be thrown among them, and a shake given to them, which causes the cakes to be lighter. Eggs should be very long beaten, whites and yokes apart, and always strained. Sugar should be pounded in a mortar, or rubbed to a powder on a

Little things show a person's character.

Meet annoyances calmly, and they will not sting.

A personal answer ought to be clear and certain.

clean board, and sifted through a very fine hair or lawn sieve. Lemon-peel should be pared very thin, and with a little sugar, beaten in a marble mortar to a paste ; and then mixed with a little wine or cream, so as to divide easily among the other ingredients. The pans should be of earthenware ; nor should eggs, or butter, and sugar be beaten in tins, as the coldness of the metal will prevent them from becoming light. Use no flour but the best superfine, for if the flour be of inferior quality, the cakes will be heavy, ill-coloured, and unfit to eat ; but if a little potato flour be added, it will improve their lightness. Cakes are frequently rendered hard, heavy, and uneatable, by misplaced economy in eggs and butter, or for want of a due seasoning in spices and sugar. After all the articles are put into the pan they should be thoroughly and long beaten, as the lightness of the cake depends much on their being well incorporated. Unless you are provided with proper utensils as well as materials, the difficulty of making cakes will be so great as in most instances to be a failure. Accuracy in proportioning the ingredients is also indispensable ; and, therefore, scales, weights, and measures, down to the smallest quantity, are of the utmost importance. When yeast is used, a cake should stand for some time to rise before it is put into the oven. All stiff cakes should be beaten with the hand ; but pound and similar cakes should be beaten with a whisk or spoon.

Ingenuous behaviour wins grace and favour.

It is not safe to make a display of authority.

Love for Home.

THE shuddering tenant of the frigid zone,
 Boldly proclaims the happiest spot his own,
 Extols the treasures of the stormy seas,
 And his long night of revelry and ease.
 The naked savage panting at the line,
 Boasts of his golden sands and palmy wine,
 Basks in the glare, or stems the tepid wave,
 And thanks his gods for all the good they gave.
 Nor less the patriot's boast, where'er we roam,
His first, best country, ever is at home !

GOLDSMITH.

Men come down by domineering.

Conscience.

IT is a dangerous Thing, it makes a man a coward. A man Cannot steal, but it accuseth him ; a man Cannot swear, but it checks him. 'Tis a blushing shame-faced spirit, that Mutinies in a man's bosom ; it fills One full of obstacles. It made me once Restore a purse of gold that, by chance, I Found. It beggars any man that keeps it. It is turned out of towns and cities for A dangerous thing ; and every man that means To live well, endeavours to trust to himself, And live without it.—SHAKESPERE.

Forcing Flowers.

ALWAYS begin with a low temperature, such as a green-house ; and when the growth has fairly begun, increase until you have given them sixty-five degrees, with impunity. If roses were brought from the air, and placed in a temperature of sixty-five degrees, they would be spoiled ; but bring them into forty degrees, and increase five degrees a-week, and they will bloom finely. *Rhododendrons, azaleas*, and plants of all kinds, may be gradually brought to flower early ; and when flowering is done, finish their growth, without any check. Let them rest in the shade out-of-doors, and bring them into the house again early ; they will force better every year with less heat and greater beauty, but they must be grown as carefully after the bloom is over, as they were in forcing, and have plenty of water during the bloom, and the subsequent growth.

Mrs. Thrale's Advice to a Young Gentleman on his Marriage.

WHEN your present violence of passion subsides, and a more cool and tranquil affection takes its place, be not hasty to censure as indifferent, or to

Awkwardness always lessens dignity.

Persuasion consists as much in pleasing as in convincing.

Avarice teaches the finger to gripe, and the hand to oppress.

lament yourself as unhappy ; you have lost that only which it is impossible to retain ; and it were graceless amidst the pleasures of a prosperous summer, to regret the blossoms of a transient spring. Neither unwarily condemn your bride's insipidity, till you have recollected that no object however sublime, no sounds however charming, can continue to transport us with delight, when they no longer strike us with novelty. The skill to renovate the powers of pleasing is said, indeed, to be possessed by some women in an eminent degree, but the artifices of maturity are seldom seen to adorn the innocence of youth. You have made your choice and ought to approve it.

To be happy, we must always have something in view. Turn, therefore, your attention to her mind, which will daily grow higher by polishing. Study some easy science together, and acquire a similarity of tastes, while you enjoy a community of pleasures. You will by this means have many pursuits in common, and be freed from the necessity of separating to find amusement : endeavour to cement the present union on every side ; let your wife never be kept ignorant of your income, your expenses, your friendships, or your aversions ; let her know your very faults, but make them amiable by your virtues ; consider all concealment as a breach of fidelity ; let her never have anything to find out in your character, and remember, that from the moment one of the partners turns spy upon the other, they have commenced a state of hostility.

Seek not for happiness in singularity, and dread a refinement of wisdom as a deviation into folly. Listen not to those sages who advise you always to scorn the counsel of a woman, and if you comply with her request, pronounce you to be wife-ridden. Think not any privation, except of positive evil, an excellence ; and do not congratulate yourself that your wife is not a learned lady, or is wholly ignorant how to make a pudding. Cooking and learning are both good in their places, and may both be used with advantage. With regard to expense, I can only observe, that the money laid out in the purchase of luxuries is seldom or ever profitably employed. We live in an age when

Good nature will always supply the absence of beauty.

Beauty makes virtues shine, and vices blush.

Conversation is an index to the mind.

splendid furniture and glittering equipage are grown too common to catch the notice of the meanest spectator ; and for the greater ones, they can only regard our wasteful folly with silent contempt or open indignation.

This may, perhaps, be a displeasing reflection ; but the following consideration ought to make amends. The age we live in pays, I think, a peculiar attention to the higher distinction of wit, knowledge, and virtue, to which we may more safely, more cheaply, and more honourably aspire.

The person of your lady will not grow more pleasing to you ; but pray let her not suspect that it grows less so. There is no reproof, however pointed, no punishment however severe, that a woman of spirit will not prefer to neglect ; and if she can endure it without complaint, it only proves that she means to make herself amends by the attention of others for the slights of her husband. For this, and for every other reason, it behoves a married man not to let his politeness fail, though his ardour may abate, but to retain at least that general civility towards his own lady which he is so willing to pay to every other, and not show a wife of eighteen or twenty years old, that every man in company can treat her with more complaisance than he who so often vowed to her eternal fondness.

It is not my opinion that a young woman should be indulged in every wild wish of her gay heart or giddy head, but contradiction may be softened by domestic kindness, and quiet pleasures substituted in the place of noisy ones. Public amusements, indeed, are not so expensive as is sometimes imagined ; but they tend to alienate the minds of married people from each other. A well-chosen society of friends and acquaintances, more eminent for virtue and good sense than for gaiety and splendour, where the conversation of the day may afford comment for the evening, seems the most rational pleasure that can be afforded. That your own superiority should always be seen, but never felt, seems an excellent general rule.

If your wife is disposed towards jealousy of you, let me beseech you to be always explicit with her, and never mysterious. *Be above delighting in her pain in all things.*

A good conscience is a continual feast.

The beginning is often in our power, the middle rarely, the end never.

Riches, though they may reward virtues, cannot cause them.

Caricaturing.

HOGARTH was once drawing in a room where many of his friends were assembled, and among them (says Bishop Sandford) was my mother. She was then a very young woman. As she stood by Hogarth, she expressed a wish to learn to draw caricatures. "Alas, young lady!" said Hogarth, "it is not a faculty to be envied. Take my advice, and never draw caricatures; by the long practice of it, I have lost the enjoyment of beauty,—I never see a face but it is distorted: I never have the satisfaction to behold the human face divine."

Storing Fruit.

THE fruit-room ought to be well ventilated, for which purpose it should have a small fire-place in it. A room long and narrow is generally best adapted for ventilation and heating, and drying when necessary, by a flue. Forsyth directs that all the shelves or floors on which apples are to be kept or sweated, should be made of *white* deal; when *red* deal is used, it is liable to give a disagreeable resinous taste to the fruit and spoil its flavour. When white deal cannot be procured, he advises covering the shelves with canvass.

The following is a German mode of storing fruit:—The apples, for instance, are left as long as possible on the trees, till frost is expected; when the fruits are gathered, they are placed in large tuns, and filled with dry sand; during the summer the sand ought to be dried by exposing it to the rays of the sun. After the bottom of the tun is covered with some sand, a layer of apples is put upon it; having filled the space between the apples, and covered them sufficiently with sand, an additional layer of apples is placed, again covered with sand, and so the process is continued until the tun is full. The peculiar advantages of this mode are,—1. the sand excludes the air which is essentially requisite for their duration; 2. the sand prevents the evaporation of the apples, therefore their aroma is preserved, and the humidity, or "sweat," which appears on all apples, is quickly absorbed by the dry sand.

In censure, never say the worst, for thine own sake.

The truest courage is always mixed with circumspection.

Charitable deeds are like the dews of heaven.

To-morrow.

IN human hearts what bolder thoughts can rise,
 Than man's presumption on to-morrow's dawn?
 Where is to-morrow? In another world.
 For numbers this is certain; the reverse
 Is sure to none; and yet on this "perhaps,"
 This "peradventure," infamous for lies,
 As on a rock of adamant we build
 Our mountain hopes; spin out eternal schemes
 As we the fatal sisters could outspin,
 And, big with life's futurities, expire.—YOUNG.

Choosing Poultry.

YOUNG, plump, well-fed, but not over-fatted poultry, are the best. The skin of fowls and turkeys should be clear, white, and finely grained; the breasts broad, and full-fleshed, the legs smooth, the toes pliable, and easily broken when bent back; the birds should also be heavy in proportion to their size. This applies equally to geese and ducks, of which the breasts likewise should be very plump, and the feet yellow and flexible. When these are red and hard, the bills of the same colour, and the skin full of hairs and extremely coarse, the birds are old. White-legged fowls and chickens should be chosen for boiling, because their appearance is the most delicate when dressed; but the dark-legged ones often prove more juicy and of better flavour when roasted, and their colour then is immaterial. Every precaution should be taken to prevent poultry from becoming ever so slightly tainted before it is cooked; but unless the weather be exceedingly sultry, it should not be quite freshly killed; pigeons only are better for being so, and are thought to lose their flavour by hanging even a day or two. Turkeys are very tough and poor eating, if not sufficiently long kept. A goose also in winter should hang some days before it is dressed; and fowls, likewise, will be improved by it. All kinds of poultry should be *thoroughly cooked*, though without being overdone. The flesh of fowls brought to a state of artificial obesity, wants the flavour of those fattened in a more natural way.

Be not curious in unnecessary matters.

We readily believe what we wish to be true.

Cunning is a fool's substitute for wisdom.

Trifles.

SINCE trifles make the sum of human things,
 And half our misery from those trifles springs,
 Oh ! let the ungentle spirit learn from thence,
 A small unkindness is a great offence ;
 To give rich gifts, perhaps, we wish in vain,
But all may shun the guilt of giving pain.

Hints for the Management of the Sick.

THE room in which a sick person lies should be kept very sweet and airy ; there should never be a close smell in it. If the weather is warm enough, let the door or windows be open ; if cold, let there be a small fire. The chimney should never be stopped up. *Ventilation* is particularly demanded in those fevers in which miliary eruptions take place. Under no circumstances is the ventilation of the sick-room so essential as the febrile diseases of an *infectious* kind, such as typhus-fever, plague, and its incidental ills, fever, influenza, hooping-cough, consumption in its latter stages, small-pox, chicken-pox, measles, scarlet-fever, erysipelas. It may, however, be consolatory to those whose duty it is to attend such cases, to know that infection, communicated through the air, rarely extends above a few feet from the body of the patient ; and even in the most malignant diseases, with the exception of confirmed small-pox and scarlet-fever of the worst kind, its influence does not exceed a few yards, if the room be well ventilated. On the contrary, if ventilation be neglected, the power of infection becomes greatly augmented from its concentration in confined and quiescent air ; it even settles upon the clothes of the attendants and the furniture of the rooms ; and these imbibe it most readily when their texture is wool, fur, or cotton, or any loose and downy substance capable of receiving and readily retaining the air.

The room should be made rather dark by a blind over the window ; but bed-curtains should not be drawn close.

The room should be very clean ; the floor should be wiped over with a damp floor-cloth every day ; all

The foe to God was never a true friend to man.

To deal with a man you must know his temper.

Prosperity is a strong pleader for sin.

The slanderer and the assassin differ but in their weapons.

chamber-vessels should be removed as soon as used ; and if there is any bad smell, a little *chloride of lime* should be put into them, and be sprinkled on the floor, and the walls also if practicable. The medicine should be kept in one particular place, and all bottles, cups, &c., that are done with, should be taken away and cleaned at once. The room should be very quiet ; there should be no talking or gossiping ; one or two people at the most, besides the invalid, are quite enough to be there at a time ; more people make it close and noisy, and disturb the sick. Neighbours should not be too anxious to see the sick person, unless they can do some good. The sick person's face, and hands, and feet, should be often washed with warm water and soap, and the mouth be rinsed with vinegar and water ; the hair should be cut rather short, and be combed every day. Never give spirits unless ordered by the surgeon ; sick people always feel weak, but such things given at a wrong time would only make them weaker.

It is a mistaken kindness to give a sick person whatever the morbid appetite may desire in opposition to the direction of the physician. It is also decidedly wrong to experiment upon the administration of nostrums prescribed by unskilful friends. The true interest of the patient, and the solemn duty of the attendants, require that the physician's orders only shall prevail, and that these be strictly complied with.

Whenever it is necessary to purchase drugs, or to have prescriptions dispensed, always seek out a respectable druggist, who will supply pure articles, and prepare medicinal compounds without error. *This is of the utmost importance.*

If we have done wrong, let us redeem the mistake.

Awkwardness.

WHAT'S a fine person, or a beauteous face,
Unless deportment gives them decent grace ?
Bless'd with all other requisites to please,
Some want the striking elegance of ease ;
The curious eye their awkward movement tires,
They seem like puppets led about by wires.

CHURCHILL.

Not to offend is the first step towards pleasing.

Beef Tea.

LIEBIG'S instructions for making this are as follows:—When one pound of lean beef, free of fat, and separated from the bone, in the finely-chopped state in which it is used for beef-sausages or minced-meat, is uniformly mixed with its own weight of cold water, slowly heated to boiling, and the liquid, after boiling briskly for a minute or two, is strained through a towel from the coagulated albumen and the fibrine, now become hard and horny, we obtain an equal weight of the most aromatic soup, of such strength as cannot be obtained, even by boiling for hours, from a piece of flesh. When mixed with salt, and the other usual additions by which soup is usually seasoned, and tinged somewhat darker by means of roasted onions or burnt sugar, it forms the best soup that can in any way be prepared.

This form of soup may be diluted in any proportion with warm water, and all meats may be prepared in the same way.

Means of promoting Sound Sleep.

THE greatest refreshment is derived from the most complete repose of the functions. For this purpose they should have been as generally exercised as possible during the day, both those of body and mind; this exercise, however, should not have proceeded so far as to produce a state of painful fatigue or exhaustion, as nothing is more sure to preclude refreshing sleep; the state of the circulation in the head should not have been excited by deep study, intense thought, coffee, or other stimulant, for some time previous to retiring to rest; late and copious suppers should be avoided; the head should not be kept too warm by thick or flannel nightcaps; the feet and lower extremities should have been brought to a comfortable temperature, if necessary, by artificial means, and, lastly, the cares of the day should have been put off with the clothes; for the body is greatly influenced by the least mental disorder.

It is the glory of a man to pass by offence.

A wise man will make more opportunities than he finds.

Prosperity is not without many fears and distastes.

Treatment of Hiccup.

THIS may often be removed by holding the breath, by swallowing a piece of bread, by a sudden fright or a draught of weak liquid. When it arises from heat and acidity in the stomachs of children, a little rhubarb and chalk will remove it. Should it proceed from irritability of the nerves, take a few drops of sal-volatile, with a teaspoonful of paragoric elixir. If it still continue, rub on soap liniment, mixed with tincture of opium, or a blister may be placed on the pit of the stomach, or sipping a glass of cold water with a little carbonate of soda dissolved in it.

Treatment in Cases of Choking.

WHEN a fish-bone, or any other small, sharp article, sticks in the throat, a crust of bread, slightly chewed, may be partially swallowed, and then gulp some water, which usually carries it down. In cases of small, hard substances, sometimes swallowed by children, they are frequently expelled by suddenly turning the child's head and body downwards, or by fastening to a plank placed over an upright, as children do in playing seesaw, with head downwards, then bringing the head down with a smart blow to the ground. The half-sovereign swallowed by Mr. Brunel, whilst at play with his children, was dislodged in this way, after many other attempts had failed.

Persons thoughtlessly speaking or laughing while eating, are apt to get a little of the food into the windpipe; this causes a most distressing cough, and if not at once ejected, can only be treated by a skilful surgeon.

Many cases of choking happen to children from a want of proper mastication of food; the necessity of attention to this essential particular should be duly impressed upon them. We have known cases of severe functional derangement arising from want of due caution on the part of parents, and those entrusted with the management of children.

Novels are the corrupters of tender minds.

Children mitigate the remembrance of death.

We make more injuries than are offered to us.

The Home of Love.

LOVE, shall I read thy dream ? oh ! is it not
 All of some sheltering wood-embosomed spot—
 A bower for thee and thine ?
 Yes ! lone and lowly is that home ; yet there
 Something of heaven in the transparent air
 Makes every flower divine !

Something that mellows and that glorifies,
 Breathes o'er it ever from the tender skies,
 As o'er some blessed isle,
 E'en like the soft and spiritual glow
 Kindling rich woods, whereon the ethereal bow
 Sleeps lovingly awhile.

Then by the hearth shall many a glorious page,
 From mind to mind the immortal heritage,
 For thee its treasures pour ;
 O'er music's voice at vesper hours be heard,
 Or dearer interchange of playful word,
 Affection's household love.

And the rich unison of mingled prayer,
 The melody of hearts in heavenly air,
 Thence duly should arise ;
 Lifting th' eternal hope, the adoring breath
 Of spirits not to be disjoin'd by death,
 Up to the starry skies ! — HEMANS.

Real Beauty.

WHAT is the blooming tincture of the skin,
 To peace of mind and harmony within ?
 What the bright sparkling of the finest eye,
 To the soft soothing of a calm reply ?
 Can loveliness of form, or look, or air ;
 With loveliness of words and deeds compare ?
 No ! those at first the unwary heart may gain ;
 But these, these only, can the heart retain.

Never find fault without just cause.

Weak minds never yield where they ought.

Virtue is like a rich stone, best plain set.

Patience and Self-denial in Married Life.

REMEMBER (says Mrs. Hannah More) that life is not entirely made up of great evils, or heavy trials, but that the perpetual recurrence of petty evils, and small trials, is the ordinary and appointed exercise of Christian graces. To bear with the feelings of those about us, with their infirmities, their bad judgments, their ill-breeding, their perverse tempers; to endure neglect where we feel we have deserved attention, and ingratitude where we expected thanks; to bear with the company of disagreeable people, whom Providence has placed in our way, and whom He has, perhaps, provided on purpose for the trial of your virtue. These are the best exercise, and the better because not chosen by ourselves. To bear with vexations in business, with disappointments in our expectations, with interruptions in our retirement, with folly, intrusion, disturbance; in short, with whatever opposes our will and contradicts our humour,—this habitual acquiescence appears to be the very essence of self-denial. These constant, inevitable, but inferior evils, properly improved, furnish a good moral discipline, and might well, in the days of ignorance, have superseded pilgrimage and penance.

Treatment of House Plants.

WATER, heat, air, and light, are the four essential stimulants to plants; they should, therefore, with regard to the latter requisite, be placed as near the windows as possible; the windows should have a south exposure, and should be as seldom as possible shaded with blinds. The heat of ordinary dwelling-houses is quite enough for such plants as we would recommend for general culture in rooms; only in very cold weather the plants should be removed a little further from the windows. The blinds and shutters are usually a protection during the night. If the air is too close, opening the door and windows produces a change; but on opening the windows of a warm room in cold weather, care should be taken not to chill the plants by leaving them in the cold current. Spring and autumn are the times of the year at which window-plants require the

Once a-day call yourself to account.

Never boast of your ancestors if you dread ridicule.

Do not trifle with matters important and momentous.

Be not provoked when opinions differ from your own.

greatest attention. When plants get slightly injured by frost, cold water should be sprinkled on them before the sun reaches them, and this sprinkling ought to be continued as long as any appearance of frost remains on the foliage. Water is often very injudiciously applied to plants in rooms, and the evil arises from falling into the opposite extremes of too much or too little : they should be frequently syringed. In winter this should be done in mild weather only. Plants which have large and leathery leaves, such as *oranges*, *pitto-sporums*, *camellias*, and *myrtles*, may be washed with a sponge ; or, if very foul, with soap, carefully removed by pure water. Loose dust may be removed by a pair of bellows. House-plants are also greatly benefited by being placed out-of-doors in the summer months, especially during gentle showers. Room-plants mostly are the *protégés* of ladies, who administer water with their own hands ; and so long as this is the case, the plants may thrive ; but no room-plant ever existed, perhaps, which was not, at some period of its life, left to the tender mercies of the housemaid, with the frequent usual consequences of a deluge of water, cold from the pump, after the roots had become heated and parched by days of total abstinence. Plants so treated cannot flourish. The water should be allowed to stand in the kitchen for some hours before it is applied to the plants, so that it may be as warm or warmer than the soil to which it is to be added. It may be given in dry, hot weather, every second day, and in such abundance as to pass slightly through the earth into the saucers.

Have a sincere sense of your own imperfections.

Toast and Water.

SIR JOHN SINCLAIR says, Take a slice of fine, stale loaf-bread, cut thin, toast it well on both sides until completely browned, *but nowhere burnt* ; put it at the bottom of a jug, and pour in from a tea-kettle as much boiling water as you wish to make into toast and water. Cover it up until cold, then strain off the infusion, which is fit for use.

Sir A. Carlisle considers hard biscuits, toasted brown and powdered, better than bread, being free from yeast.

Every one knows his own business best.

Connubial Happiness.

OH! happy lot and hallowed, even as the joy of angels,
 When the golden chain of godliness is enshrined
 with the roses of love ;
 But beware, thou seem not to be holy, to win favour in
 the eyes of a creature,
 For the guilt of the hypocrite is deadly, and winneth
 thee wrath elsewhere ;
 The idol of thy heart is as thou, a probationary sojourner
 on earth,
 Therefore be chary of her soul, for that is the jewel in
 her casket.
 Let her be a child of God, that she bring with her a
 blessing to thy house,—
 A blessing above riches, and leading Contentment in its
 train :
 Let her be an heir of heaven ; so shall she help thee on
 thy way ;
 For those who are one in faith, fight double-handed
 against evil.
 Take heed lest she love thee before God ; that she be
 not an idolater :
 Yet see that she love thee well, for her heart is the
 heart of woman ;
 And the triple nature of humanity must be bound by a
 triple chain,
 For—soul, and mind, and body, godliness, esteem, and
 affection.

TUPPER.

An Honest Man.

WHO is the honest man ?
 He that still and strongly good pursue,
 To God, his neighbour, and himself most true ;
 Whom neither force nor fawning can
 Unpin or wrench from giving all their due.
 Whom none can work or woo,
 To use in anything a trick or slight,
 For above all things he abhors deceit ;
 His words and works, and fashion too,
 All of a piece, and all are clear and straight.

HERBERT.

Sensuality ruins the faculties of the mind.

Give a patient hearing to arguments on all sides.

God and man are ready to teach the meek.

A Discreet Wife.

THERE is a large class of excellent female characters (observes Mrs. Hannah More), who, on account of that very excellence, are little known, because to be known is not their object. Their ambition has a better taste; they pass through life honoured and respected in their own small, but not unimportant spheres, and approved by Him, "whose they are, and whom they serve," though their faces are hardly known in promiscuous society. If they occasion little sensation abroad, they produce much happiness at home. These are the women who bless, dignify, and truly adorn society. The painter, indeed, does not make his fortune by their sitting to him; the jeweller is neither brought into vogue by furnishing their diamonds, nor undone by not being paid for them; the prosperity of the milliner does not depend on affixing their name to a cap or a colour; the poet does not celebrate them; the novelist does not dedicate to them; but they possess the affection of their husbands, the attachment of their children, the esteem of the wise and good, and, above all, they possess His favour, "whom to know is life eternal:"—

"A creature not too bright and good
For human nature's daily food;
For simple duties, playful wiles,
Praise, blame, love, kisses, tears, and smiles."

Treatment in Cases of Poisoning by Fish.

THIS is felt either immediately, or an hour or two after the meal; with an unusual weight at the stomach, headache and dizziness, heat about the head and eyes, thirst, and blotches, or an eruption on the skin. At once excite vomiting by tickling the back of the throat with the finger or a feather, and drink plentifully of warm water. Afterwards take a smart purge. On the removal of the cause, drink vinegar and water, and also sponge the body with it. Sugar and water, with a little ether, may be taken. After applying immediate remedies, obtain proper medical assistance.

The best of men are not perfect in virtue.

Have a candid and obliging manner in conversation.

Choose those companions who administer to your improvement.

Treatment of Sprains.

GIVE the part rest ; apply warm fomentations. If inflammation set in, or a large joint be affected, put on leeches and cooling applications, which may be removed at intervals if necessary. When the inflammation subsides, use friction and stimulating liniments ; bandage with flannel. If very severe, apply blisters, or poultices made of bread and vinegar and water.

Position of the Body during Sleep.

THE horizontal position of the body during sleep is a matter of moment. The horse, in many instances, accustoms himself to sleep in a standing position, but he suffers from this ; his legs begin to swell, and he tires sooner than another animal advantaged by reclining supinely on a comfortable bed. So it is with man.

Short Hours of Study for the Young.

UNDER twelve years of age, it should be an invariable rule with those who have the management of children, that the hours of close application should never exceed those of amusement and exercise. "The children," observes Dr. Beddoes, "that have made, within my knowledge, the quickest progress, felt the deepest interest in knowledge, and retained their acquisitions most firmly, were never detained at their books above an hour *at a time*, and seldom above half that time." So perpetually true is it, that the other most valuable objects are best secured by the very means which a regard to health enjoins. "Early prodigies of mind rarely attain mature distinction. The reason is plain : their brains are injured by premature toil, and their general health impaired. From an unwise attempt to convert at once their flowery spring into a luxuriant summer, that summer too often never arrives. The blossom withers before the fruit is formed."

The severity of school discipline should be generally relaxed in favour of the young.

In argument be patient and ready to hear.

A knowledge of mankind is necessary to acquire prudence.

Pursue every study in proportion to its value.

Frailty.

IT is the sole prerogative of Heaven
 Not to be tainted with the smallest error ;
 But that immunity was never given
 To earth. Wise Solomon, be thou the mirror
 Where all may see their frailties, e'en with terror !
 Thou, moving in perfection's highest sphere,
 Fell from thy orb ! Who hath not cause for fear !

FRANCIS HUBERT.

Domestic Duties of Females.

EVERY mother ought to teach her daughter practically how to keep her house in order ; how to make bread, and do all kinds of cooking ; how to economise, so as to make a little go a great way ; how to spread an air of neatness and comfort over her household ; how to make and mend her husband's clothes ; in a word, how to be a good housekeeper. Then, if she has no domestics, she can make her family happy without them ; if she has domestics, she can effectually teach them to do things as they ought to be done, and make them obey her. She can then direct her domestic affairs, and be mistress of her own house ; which, sad to say, too many in these times are not. Domestics soon ascertain whether their mistress knows how to do things ; and if she does not, they have her in their power, and almost always take advantage of it. But the domestic virtues of a woman need not, by any means, preclude the highest and most accomplished education. Some of the most intelligent, refined, and most finished ladies in the land, have been the most excellent housekeepers.

Prudence.

PRUDENCE protects and guides us, wit betrays ;
 A splendid source of ill, ten thousand ways ;
 A certain snare of miseries immense ;
 A gay prerogative from common sense ;
 Unless strong judgment the wild thing can tame,
 And break to paths of virtue and of fame.—YOUNG.

It is shameful to be slaves to our tastes.

Teach children to judge between appearances and realities.

Children should be taught early to govern their inclinations.

A Happy Home.

SIX things (says Mrs. Hamilton) are requisite to create a "happy home." Integrity must be the architect, and tidiness the upholsterer. It must be warmed by affection, lighted up with cheerfulness, and industry must be the ventilator, renewing the atmosphere, and bringing in fresh salubrity day by day ; while over all, as a protecting canopy and glory, *nothing will suffice except the blessing of God.*

Influence of Singing on the Lungs.

ACCORDING to Dr. Rush, in the experience of a long life, he had never known a singing schoolmaster, an auction-crier, a watchman who called the hours of the night, or an oyster-man who cried his commodity through the streets, to be attacked by pulmonary consumption. The influence of declamation by the seashore, amidst the roar of the surf, in strengthening the lungs of Demosthenes, might be cited as testifying to the same effect.

Unwholesomeness of Cucumbers.

OF this vegetable Abernethy has observed, "Peel it, slice it down into pieces, put vinegar and pepper on it, and then—*throw it away.*" This is probably the best advice that can be given in reference to the manner of using it. Almost entirely devoid of any alimentary principle, the only possible motive that can be assigned for eating the cucumber, is merely the gratification of the palate ; to the nourishment of the body it is totally unadapted. The principal mischief produced by the use of this vegetable, and which has caused it to be ranked among the most unwholesome articles served at table, arises, independent of an acrid principle which it is supposed to contain, from its indigestibility ; in other words, its insolubility in the stomach. In consequence of this, it is retained in the latter organ for a long time, producing more or less

An idle person is brother to a beggar.

An ounce of discretion is worth a pound of genius.

If you would reform what is wrong begin at home.

uneasiness in every instance ; and in the dyspeptic, the gouty, and those of a nervous and feeble constitution, giving rise to violent pains, cramps, and other severe affections.

Destruction of Weeds in Paved Paths and Courts.

THE growth of weeds between the stones of a pavement is often very injurious and unsightly. The following method is adopted at the Mint in Paris and elsewhere with good effect. One hundred pounds of water, twenty pounds of quick-lime, and two pounds of sublimated sulphur, are to be boiled in an iron vessel ; the liquor is to be allowed to settle, the clear part drawn off, and being more or less diluted, according to circumstances, is to be used for watering the alleys and pavements. The weeds will not appear for several years.

Ophthalmia and Accidents to the Eyes.

M. BOISSONNEAU states that out of 4984 individuals to whom he applied glass eyes in the course of nine years, in 939 the accident occurred from six to fifteen years of age, and the loss of the eye was owing to the following causes :—

Ophthalmia	201 cases.
From various causes	360 „
From accidents while playing with balls, with bows and arrows, &c.	37 „
From wounds received from fire-arms and percussion-caps, whether exploded by means of a hammer, or else by children's guns	341 „

This is a sufficient caution to mothers, and those who have the care of children, to guard against such frightful accidents as the above.

Every child should be impressed with the sad consequences attendant on impaired vision, and the danger arising from violent sports, and contact with sticks, stones, gravel, &c.

Industry is the right hand of fortune.

We are not nourished by what we eat, but by what we digest.

It is best to see the faults of others, and to feel our own.

A Picture in the Room.

MR. HAZLITT has said somewhere of the portrait of a beautiful female, with a noble countenance, that it seems as if an unhandsome action would be impossible in its presence. Most men of any refinement of soul, must have felt the truth and force of this sentiment. We have often thought that the picture of a beloved mother or devoted wife, hung up in the room where we spend our leisure hours, must certainly excite a mighty influence over the feelings and thoughts. Cowper's picture of his mother was a living presence, whose speaking countenance and beaming eye appealed, as no living mortal could, to his inmost soul, and stirred its profoundest depths. But what is it that gives this power to the inanimate resemblance of departed ones? Their virtues, their moral graces and excellencies, as remembered by the affectionate survivor. It may seem an odd thought, but we cannot help suggesting it to every female reader,—to every sister, wife, and mother,—that it is a worthy ambition for each of them to labour to be, both *now* and when dead, *that picture in the house* before which vice shall stand abashed, confounded, and in whose presence every virtuous and manly heart shall glow with every honourable and lofty sentiment, and be irresistibly urged to the love of goodness and truth.

Management of Horses in case of Fire.

IT is well known that when a fire happens in a stable, such is the natural dread of the horse, that he cannot be prevailed upon to move out of danger, but remains, to his certain destruction. In this case it has been recommended, and in a few instances practised with success, to blind the horses with any cloths which can be found at hand, and a bridle and halter also being put on, to *back* them out; for it seems that when these animals see or smell fire, they obstinately refuse to move forward, but may be forced backward.

A *saddle* placed on the back has been found efficacious.

Abundance is a blessing to the wise.

A heavy purse in a fool's pocket is a heavy curse.

That man lives twice who lives the first life well.

Attention to Dogs in Hot Weather.

SUPPLY dogs with plenty of water, and keep them clear of vermin, particularly during the dog-days ; give them occasionally a little brimstone and milk, and turn them into fields or grass-plots ; and those that are fond of the water, give them frequent opportunities of indulging in it. By these means, the risk of their becoming mad would, if not entirely prevented, be considerably lessened. It would be advisable also, in those with shaggy coats, or thickly-set hair, to relieve them entirely of this unprofitable and unwelcome appendage during the sultry weather, as it would grow fast enough to protect them from its inclemency when it was wanted. Attention to cleanliness, diet, and the trimming, muzzling, and otherwise ordering of these animals, must obviously render less all the danger of their becoming mad.

Not to be too Hasty in our Opinions.

THERE are numbers of circumstances (observes Lord Shaftesbury) attending every action of a man's life, which can never come to the knowledge of the world, yet ought to be well known and well weighed before sentence, with any justice, can be passed upon him. A man may have different views, and a different sense of things, from what his judges have ; and what he understands and feels, and what passes within him, may be a secret treasured up deeply there for ever. A man, through bodily infirmity, or some complexional defect, which perhaps is not in his power to correct, may be subject to inadvertencies, to starts and unhappy turns of temper ; he may lie open to snares he is not always aware of ; or, through ignorance and want of information and proper helps, he may labour in the dark ; in all which cases he may do many things which are wrong in themselves, and yet be innocent ; at least an object rather to be pitied than censured with ill-will and severity. These are difficulties which stand in every one's way in the forming a judgment of others.

Let us judge others, as we would be tried ourselves.

A Christian is the highest style of man.

Where words are scarce they are seldom spent in vain.

Without company all dainties lose their true relish.

Burke's Fondness for Children.

BURKE was so very partial to children that he would play the most simple games with them, and apparently take as much delight in the stories of "Jack the Giant-Killer" and "Tom Thumb" as themselves. "Half-an-hour might pass," says Murphy, "during which he would keep speaking in such a way that you could see no more in him than in an ordinary man good-naturedly amusing his young auditors; when some observation or suggestion called his attention, a remark of the most profound wisdom would slip out, and he would then return to his gambols. It is related of him that one day, after dining with Fox, Sheridan, Lord John Townsend, and several other eminent men at Sheridan's cottage, he amused himself by rapidly wheeling his host's little son round the front garden in a child's hand-chaise. While thus employed, the great orator, it is added, evinced by his looks and activity that he enjoyed the sport nearly as much as his delighted play-fellow."

Eternity.

O H, listen, man !
 A voice within us speaks the startling word,
 "Man, thou shalt never die !" Celestial voices
 Hymn it around our souls : according harps,
 By angel fingers touched, when the mild stars
 Of morning sang together, sound forth still
 The song of our great immortality !

Usefulness.

THE chiefe use then in man of that he knowes,
 Is his paine's-taking for the goode of all ;
 Not fleshley weeping for our owne-made woes,
 Not laughing from a melancholy gall;
 Not hating from a soule that overflows
 With bitternesse, breath'd out from inward thrall :
 But sweetly rather to ease, loose, or binde,
 As need requires, this fraile fall'n humane kinde.
 LORD BROOKE.

The purest treasure is spotless reputation.

The slanderer and the assassin differ but in their weapons.

The foe to God was never a true friend to man.

Children Poisoned by Laburnum Seeds.

SCARCELY an autumn passes without some one being poisoned by ignorantly eating the seeds of the well-known laburnum-tree. An instance of the kind has occurred lately at Otley, in the West Riding of Yorkshire, where a dozen children of both sexes were simultaneously seized with severe illness, some of the chief features of which were frigidity of the limbs, closing of the eyes, and a livid appearance of the face. It appears that they had freely partaken of seeds gathered from some laburnum-trees which had been cut down in the neighbourhood. Emetics having been applied, most of the sufferers were soon out of danger.

Life Assurance in infancy.

SOCIETY (observes Dr. Tilt) is principally composed of those who live on from day to day, and who have no reasonable expectation of being able to give a fortune to a son or daughter at a period of life when a sum, however small, would materially assist the entrance into active pursuits of the one, or the happy settling in life of the other. Most parents, however, might easily afford to set apart a trifle from their yearly income to obtain the certainty, that at twenty-one or twenty-five, the child would have, at least, 100% at his disposal; an arrangement which may now be entered into with many respectable insurance-offices.

Fashion.

FASHION, leader of a chattering train,
 Whom man, for his own hurt, permits to reign :
 Who shifts and changes all things but his shape,
 And would degrade her votary to an ape ;
 The fruitful parent of abuse and wrong,
 Holds a usurped dominion o'er his tongue ;
 There sits and prompts him with his own disgrace,
 Prescribes the theme, the tone, and the grimace ;
 And, when accomplished in her wayward school,
 Calls gentleman whom she has made a fool.

COWPER.

A soul without reflection to ruin runs.

Revenge, though sweet at first, on itself recoils.

Lawless are they that make their wills their law.

Care in Speaking to the Deaf.

IT is important to know that in conversing with deaf persons, their ability to hear does not depend so much on the loudness with which a person speaks to them, *as upon the clearness and distinctness*, and also upon the proper musical pitch adopted in speaking to them. Using care in these points, a conversation may often be carried on with one hard of hearing, at a very little expenditure of breath and effort; while, if they are disregarded, the voice may have to be exerted greatly, and yet very unsatisfactorily. Indeed, the power of the human voice, even in its softest tones, seems very little appreciated. It is told of the great Lord Chatham, that he could make his lowest whisper heard in every part of the House of Commons; and of Whitfield, that the words of a sermon preached by him in the open air were distinctly heard at a considerable distance.

Delay and Improvidence.

CHARLES DICKENS gives some excellent hints through Mr. Micawber:—"My advice is, Never to do to-morrow what you can do to-day. 'Procrastination is the thief of time.' My other piece of advice is, Annual income of 20*l.*, annual expenditure, 19*l.* 19*s.* 6*d.* result, happiness. Annual income, 20*l.*, annual expenditure, 20*l.* 0*s.* 6*d.*, result, misery. The blossom is blighted, the leaf is withered, the god of day goes down upon the dreary scene, and, in short, *you are for ever floored*,—as I am now."

Domestic Comfort.

WELL observes the talented author of "Home Truths," that want of energy is a great and common cause of the want of domestic comfort. As the best-laid fire can give no heat and cook no food unless it is lighted, so the clearest ideas and purest intentions,

Prosperity often threatens while it shines.

Real glory consists in the conquest of ourselves.

Disensions, like small streams, gather as they run.

True religion builds her grandeur on the public good.

will produce no corresponding actions without that energy which gives power to all that is of value, which is, as it were, the very life of life, and which is never more necessary or available than in the mistress and mother of a family. Those who have it not—and many are constitutionally destitute of it—would do well to inquire of their experience and their conscience, what compensating virtues they can bring into the marriage state, to justify them in entering on its duties, without that which is so essential to their performance. They should consider that the pretty face and graceful languor, which, as it is especially attractive to the most impetuous of the other sex, gained them ardent lovers, will not enable them to satisfy the innumerable requisitions, and secure the social happiness, of the fidgety and exacting husbands, into which character ardent and impetuous lovers are generally transformed.

The Ready Method of Treatment in Cases of Asphyxia.

DR. MARSHALL HALL has communicated the following to the "Lancet :"—

A young friend of mine has proposed to designate the postural treatment of asphyxia 'the ready method,' no apparatus of any kind being required.

It will be obvious to all that our main objects are, —to renew respiration and improve the circulation. Our *means* are physiological and physical. Our rules as follows :—All obstruction of the glottis being removed by placing the patient in the *prone* position in which any fluids and the tongue itself fall forward (Rule i.) ; our *first* effort is to *excite* respiration physiologically (Rule ii.) ; our *second*, if this fail, is to *imitate* the acts of respiration mechanically (Rule iii.) ; our next object is to endeavour to improve the circulation, which is done by promoting the flow of the venous blood, and to restore warmth in the limbs (Rule iv.) ; we again, as we proceed, revert to the physiological principle of *exciting* respiration from time to time (Rule v.)

1. Treat the patient *instantly, on the spot, in the open*

Who feel no ills, should therefore fear them.

When fortune smiles, be doubly cautious.

air, freely exposing the face, neck, and chest, to the breeze, except in severe weather.

2. Send with all speed for medical aid, and for articles of clothing, blankets, &c.

I.—To Clear the Throat.

3. Place the patient gently on the face, with one wrist under the forehead; all fluids, and the tongue itself, then fall forwards and leave the entrance into the wind-pipe free.

II.—To excite Respiration.

4. Turn the patient slightly on his side, and (1), apply snuff, or other irritant to the nostrils, and (2), dash cold water in the face previously rubbed briskly until it is warm. If there be no success, lose no time; but,—

III.—To Imitate Respiration.

5. Replace the patient on his face.

6. Turn the body gently, but completely, on *the side and a little beyond*, and then on the face, alternately, repeating these measures deliberately, efficiently, and perseveringly, fifteen times in the minute; *only*,—

When the patient reposes on the thorax, this cavity is compressed by the weight of the body, and expiration takes place; when he is turned on the side, this pressure is removed, and inspiration occurs.

7. When the *prone* position is resumed, make equable but efficient *pressure along* the spine, removing it immediately before rotation on the side. The first measure augments the expiration, the second commences inspiration.

IV.—To Induce Circulation and Warmth.

Continuing these measures:

8. Rub the hands *upwards*, with *firm pressure* and with *energy*, using handkerchiefs, &c.

9. Replace the patient's wet clothing by such other covering as can be instantly procured, each bystander supplying a coat or a waistcoat.

Meantime, and from time to time,—

Pride is the never-failing vice of fools.

Repentance is the heart's sorrow, and a clear life ensuing.

Waste no vain words on the past; spare them for the future.

V.—*Again, to Excite Inspiration.*

10. Let the surface of the body be *slapped* briskly with the hand ; or,—

11. Let cold water be *dashed* briskly on the surface previously rubbed dry and warm.

The measures formerly recommended, and now rejected by me, are,—removal of the patient, as involving dangerous loss of time ; the bellows, or any *forcing* instrument, and the warm bath, as positively injurious : and galvanism, and the inhalation of oxygen, as useless. The inhalation of dilute pure ammonia has in it more of promise.

Danger of Tight Boots.

PINCHING shoes and boots do much mischief. That they produce tormenting and crippling corns all know. But this is not all, nor even the worst. They check the circulation of the pedal blood, make the feet cold, and sometimes aid in chilblaining them, diminish the size of the muscles of the part, and take from their strength, and impede their action, by compressing them. Cramping and torturing the feet by pressure produces, sympathetically, dyspepsia and headache, and sometimes troublesome affections of the lungs. Hæmorrhage from the nostrils and lungs, and even apoplexy and pulmonary consumption, are occasionally excited by it.

Hints to the Ladies on Stays.

THE Registrar-General reports, "That the higher mortality of English women by consumption may be principally ascribed to the in-door life which they lead, and to the *compression produced by wearing stays*, preventing the expansion of the chest. In both ways they are deprived of free draughts of vital air, and the altered blood deposits tuberculous matter with such fatal and unnatural facility, that, on an average, *thirty thousand females die annually of consumption !*"

After such a statement as this the wearing of stays is a suicidal act.

The villain's censure is extorted praise.

Prayer points our ready path to heaven.

Time well employed is Satan's deadliest foe.

Danger of Tight Cravats.

TIGHT cravats are highly injurious. Around the neck are situated many large blood-vessels connected with the brain, as well as other important organs, which cannot be compressed without serious consequences. So long as the cravat is loose and light, no inconvenience is experienced ; but when it is made to embrace the neck with a close grasp, the free return of the blood from the head is impeded, the face becomes red and turgid, and the martyr to fashion experiences pain and an overfulness of the head, without suspecting the cause whence it arises. When the body is thrown into exertion with the throat thus begirt, the evil is augmented ; and in those of full habit dangerous affections of the head are the consequence. Vertigo, swooning, violent bleedings from the nose—difficult to arrest—and even apoplexy, are said to have resulted from this cause alone.

Dr. Johnson's Advice to Travellers.

1. **T**URN all care out of your head as soon as you mount the chaise.
2. Do not think about frugality ; your health is worth more than it can cost.
3. Do not continue any day's journey to fatigue.
4. Take now and then a day's rest.
5. Get a smart sea-sickness if you can.
6. *Cast away all anxiety, and keep your mind easy.*

Devotion.

THERE'S nothing bright, above, below,
From flowers that bloom, to stars that glow ;
But in its light my soul shall see
Some features of the Deity !—

There's nothing dark, below, above,
But in its gloom I trace Thy love,
And meekly wait the moment, when
Thy touch shall turn all bright again !—MOORE.

Perseverance plucks success from danger.

Who gives not of his goods, is a poor frozen churl.

The really poor are those who have not patience.

Resignation.

WHEN I consider how my light is spent,
 Ere half my days, in this dark world and wide,
 And that one talent, which is death to hide,
 Lodged with me useless, though my soul more bent
 To serve therewith my Maker, and present
 My true account, lest he, returning, chide ;
 "Doth God exact day-labour, light denied ?"
 I fondly ask ; but Patience, to prevent
 That murmur, soon replies, "God doth not need
 Either man's works or his own gifts ; who best
 Bear his mild yoke they serve him best ; his state
 Is kingly ; thousands at his bidding speed,
 And post o'er land and ocean without rest ;
 They also serve who only stand and wait."

MILTON, *Sonnet on his Blindness.*

Duties of Brothers to Sisters.

AN American writer gives the following excellent advice to young men :— You may, by your example, exert a very salutary influence upon your sisters and the younger members of your family ; also, upon female society at large. Sisters may do much towards restraining their brothers from vice, but brothers may do still more for their sisters ; for sisters generally love their brothers with more ardour and tenderness of affection, than brothers exercise towards their sisters. They also *look up* to their brothers, respect their opinions, enjoy their protection, seek their society, imbibe their views, follow their example. Hence brothers are, in a great degree, responsible for the character of their sisters, and also, for the same reason, of the younger members of their family.

Make it your first object to secure your sisters to religion.—However beautiful and accomplished, unless they are pious, they lack the essential glory and ornament of their sex. You can hardly be faithful to them in vain. It is very rare that a good brother puts forth kind, judicious, persevering efforts, to bring his sisters to the knowledge and love of the Saviour, which are not crowned with success.

An oath is a recognizance to heaven.

Those who are good, are nobles of Nature's creating.

Passion makes the will lord of the reason.

Always treat them with affectionate respect.—Every young man ought to feel that his honour is involved in the character and dignity of his sisters. There is no insult which he should sooner rebuke than one offered to them. But if you would have others to esteem and honour them, you must esteem and honour them yourself. Treat them with far less reserve, but with no less delicacy, than you would the most genteel stranger. Nothing in a family strikes the eye of a visitor with more delight than to see brothers treat their sisters with kindness, civility, attention, and love. On the contrary, nothing is more offensive, or speaks worse for the honour of a family, than that coarse, rude, unkind manner which brothers sometimes exhibit.

Beware how you speak of your sisters.—Even gold is tarnished by much handling. If you speak in their praise,—of their beauty, learning, manners, wit, or attentions,—you will subject them to taunt and ridicule; if you say anything against them, you will bring reproach upon yourself and them too. If you have occasion to speak of them, do it with modesty and few words. Let others do all the praising, and yourself enjoy it.

If you are separated from them, maintain with them a correspondence.—This will do yourself good as well as them. Do not neglect this duty, nor grow remiss in it. Give your friendly advice and seek theirs in return. As they mingle intimately with their sex, they can enlighten your mind respecting many particulars relating to female character, important for you to know; and, on the other hand, you have the same opportunity to do them a similar service. However long or widely separated from them, keep up your fraternal affection and intercourse. It is ominous of evil when a young man forgets his sister.

If you are living at home with them, you may do them a thousand little services, which will cost you nothing but pleasure, and which will greatly add to theirs. If they wish to go out of an evening,—to a religious meeting, or a concert, or a visit, or for any other object,—always be happy, if possible, to wait upon them. Consider their situation, and think how you would wish them to treat you if the case were reversed.

A love of novelty unhinges the mind.

The heart may give most useful lessons to the head.

Mercy blesteth him that gives and him that takes.

Principall Pointes of Religion.

TO pray to God continually ;
 To learne to know Him rightfully ;
 To honour God in Trinitie,
 The Trinity in Unitie ;
 The Father in His maiestie ;
 The Son in His humanitie ;
 The Holy Ghost's benignitie ;
 Three persons one in Deitie ;
 To serve Him always holily ;
 To aske Him all things needfully ;
 To prayse Him alway worthely ;
 To love Him alway stedfastly ;
 To dread Him alway fearefully ;
 To aske Him mercy hartely ;
 To trust Him alway faithfully ;
 To obey Him alway willingly ;
 To abide Him alway patiently ;
 To thank Him alway thankfully ;
 To live here alway vertuously ;
 To use thy neighbour honestly ;
 To looke for death still presently ;
 To helpe the poore in misery :
 To hope for heaven's felicity ;
 To have faith, hope, and charity ;
 To count this life but vanitie—
 Bee points of Christianitie.

THOMAS TUSSEY.

A few Ordinary Precautions.

DO not walk immediately behind a led horse, as he may be apt to kick out. Do not walk with your hands in your pockets ; for if you slip, you have no means of stopping your fall. Many have suffered from this awkward custom, which having a stick in the hand prevents. Do not go to leeward of a heap of lime, as the dust may injure your eyes. Do not go under a ladder, upon which workmen are employed. Avoid reading damp newspapers : let them be well dried before they are brought into the room.

It boots not to resist both wind and tide.

Who deserves well, needs not another's praise.

What fate imposes, men must needs abide.

Position at the Pianoforte.

IN playing the pianoforte, a common chair affords the best seat. The music-stools generally are not firm, and, consequently, annoy the performer, and prevent that ease in the execution of difficult music, which alone can render it effective. The high-backed school-chairs are not to be recommended, as they give a habit of leaning against something; and the want of this is felt when the pupil is obliged to use another seat. The performer should be seated high enough to allow the elbow, wrists, and knuckles of the fingers to be on a level. The feet must rest on the ground. If children are not so tall that their feet may reach the ground, it is proper to have a board attached to the chair for the feet to rest upon; and the pedal may be raised by a piece of wood being screwed upon it, to bring it to a level with the board.

Injurious Effects of Late Suppers.

A PHYSICIAN observes, "Many of our customs, manners, and habits, are prejudicial to health. Some of them are physical, while others are moral, in their effects. Nothing more plainly betrays our ignorance of even the principles of health, and at the same time our slavish submission to selfish indulgence, than the custom of *eating suppers*; by which we do not mean the mere eating a slice of bread and cheese, but of making a meal at that time. Instead of allowing the body, with its multifarious powers, to be refreshed by sleep, and the mind to be relieved from care and thought, irritation and excitement, the stomach is loaded, perhaps, with a heterogeneous mass of food, and the whole machinery of the inward man is forced into sluggish operation when the vital powers are at the lowest ebb; the brain, feverish and disturbed, sends forth startling visions and horrifying dreams until morning dawns, when the haunted imagination recovers itself, and is conscious of the mental and bodily vigour being rather exhausted than refreshed by the night's turmoil."

Take not too short a time to make a world-wide bargain in.

Experience joined to common sense is a providence.

Be always ready to befriend real merit.

We Live for Others.

HEAVEN doth with us as we with torches do,
 Not light them for ourselves : for if our virtues
 Did not go forth of us, 't were all alike
 As if we had them not. *Spirits are not finely touch'd*
But to fine issues : nor Nature never lends
 The smallest scruple of her excellence,
 But, like a thrifty goddess, she determines
 Herself the glory of a creditor,
 Both thanks and use.—SHAKESPEARE.

A Whisper to the Wife.

THAT talented lady, Mrs. Clara Balfour, gives some excellent suggestions to wives in her "Whisper to a Newly-Married Pair." "Endeavour," she observes, "to make your husband's habitation alluring and delightful to him. Let it be to him a sanctuary to which his heart may always turn from the ills and anxieties of life. Make it a repose from his cares, a shelter from the world, a home not for his person only, but for his heart. He may meet with *pleasure* in other houses, but let him find *happiness* in his own. Should he be dejected, soothe him ; should he be silent and thoughtful, or even peevish, make allowances for the defects of human nature, and by your sweetness, gentleness, and good humour, urge him continually to *think*, though he may not *say* it, 'This woman is, indeed, a comfort to me : I cannot but love her, and requite such gentleness and affection as they deserve.'

"I know not any attraction which renders a woman at all times so agreeable to her husband as cheerfulness and good-humour. It possesses the powers ascribed to magic ; it gives charms where charms are not, and imparts beauty to the plainest face. Men are naturally more abstracted and more difficult to amuse and please than women. Full of care and business, what a relaxation to a man is the cheerful countenance and pleasant voice of the gentle mistress of his home ! On the contrary, a gloomy, dissatisfied manner is an antidote to affection ; and though a man may not seem to notice it, it is chilling and repulsive to his feelings, and he

Nobody is healthful without exercise.

Worth makes the man, the want of it the fellow.

Good names are gained by exemplary deeds.

will be very apt to seek elsewhere for those smiles and that cheerfulness which he finds not in his own house.

"In the article of dress, study your husband's taste, and endeavour to wear what he thinks becomes you best. The opinion of others on this subject is of very little consequence, if *he* approves.

"Make yourself as useful to him as you can, and let him see you employed as much as possible in *economical* avocations.

"Encourage in your husband a desire for reading aloud at night. When the window-curtains are drawn, the candles lighted, and you are all seated after tea round the fire, how can his time be better employed? *You* have your work to occupy you; *he* has nothing to do but to sit and to think; and, perhaps, to think too that this family scene is extremely stupid. Give interest to the monotonous hour, by placing in his hand some entertaining but useful work. The pleasure which you derive from it will encourage him to proceed; while remarks on the pages will afford improving and animating topics for conversation.

"When at the Throne of Grace, be fervent and persevering in your prayers for your husband; and by your example endeavour to allure him to that heaven towards which you are yourself aspiring; that if your husband *obey not the word*, as the sacred writer says, *he may, without the word*, be won by the conversation and conduct of the wife."

Coffee-Berries.

COFFEE-BERRIES are said to be remarkably disposed to imbibe exhalations from other bodies, and thereby to acquire an adventitious and disagreeable flavour. A bottle of rum placed at some distance from a canister of coffee so impregnated the berries, in a short time, as to injure their flavour. We have known an instance in which some spirits of wine produced precisely the same effect.

In "Miller's Gardener's Dictionary," eighth edition, it is stated that the effluvia from a few bags of pepper once conveyed in a coffee-laden ship from India being absorbed by the coffee, the whole cargo was lost.

All true love is founded on esteem.

Truth has but one way, which is the right.

Envy hates the excellence it cannot reach.

Real Contentment.

IN Vienna a magnificent house was built by a nobleman, on the front of which is a stone with this inscription: "This house was erected by Count D—, to be given to the first man who can prove that he is really contented." One day a stranger knocked at the gate, and desired to speak with the master. "I am come," said he, "to take possession of this house, as I find you have built it in order to bestow it upon the man who is really contented. Now I am in that state, of which I am willing to make oath; you will therefore please, sir, to give me immediate possession." The Count did not interrupt him till he had finished his speech, when he replied, "You are quite right, sir, with respect to my intentions; but as I do not discover the least pretension you have to the character of a contented man, I beg you will retire. *If you were quite contented you would not want my house!*"

Miss Bremer's Opinion of Married Men.

THERE is a freshness and homely truth in the following observations of the talented Miss Bremer, which will find a response in the heart of every reader:

"I confess that I never find, and never have found, a man more loveable, more captivating, than when he is a married man; that is to say, a good married man. A man is never so handsome, never so perfect, in my eyes, as when he is married,—as when he is a husband, and the father of a family,—supporting in his manly arms wife and children, and the whole domestic circle, which, in his entrance into the married state, closed around him, and constitute a part of his home and his world. He is not merely ennobled by his position, but he is actually beautified by it. Then he appears to me as the crown of creation; and it is only such a man as this who is dangerous to me, and with whom I am inclined to fall in love. But then propriety forbids it; and Moses, and all European legislatures, declare it to be sinful."

The wise and active conquer difficulties.

He who would search for pearls must dive below.

Scorn no man's love, though of a mean degree.

Cheerfulness.

FAIR guardian of domestic life,
 Kind banisher of home-bred strife !
 Nor sullen lip nor trembling eye
 Deforms the scene where thou art by ;
 No sickening husband damns the hour
 Which bound his joys to female power ;
 No pining mother weeps the cares
 Which parents waste on thankless heirs ;
 Th' officious daughters pleased attend ;
 The brother adds the name of friend ;
 By thee with flowers their board is crowned ;
 With songs from thee their walks resound ;
 And morn with welcome lustre shines,
 And evening unperceived declines.—AKENSIDE.

The Diet of Weaned Children.

DR. GUMPRECHT some time since published a paper upon the usefulness of expressed carrot-juice, combined with farinaceous substances, in the feeding of children about to be, or already weaned. Further experience has confirmed the value of this mild and easily-digested nutriment ; but, although suited for the great majority of these cases, it may seem to be contra-indicated in those of children who, whether from naturally weak digestive powers, improper diet, or neglected tooth-diarrhœa, have acquired a disposition to purging. Such cases, the digestive powers being prostrated, require food that, by reason of its analogy with the formative elements of the infantile organism, allows of a rapid, intimate assimilation, without prolonged previous metamorphosis of the original nutriment, and without leaving undigested residue. It has been attempted to nourish these children with diluted milk, and farinaceous substances, such as salep, arrowroot, &c., but it has been overlooked that starch-flour cannot be completely dissolved, even in much water at a boiling heat ; and the thick covering of the granules remaining undissolved may give rise to indigestion. To obviate this, roasted and not raw starch should be employed. But the weaned

True dignity is never lost when honours are withdrawn.

As the twig is bent, so is the tree inclined.

'Tis the apparel oft proclaims a man.

child requires also albumen, and a proper proportion of organic salts, and fat. Salts, fat, and albumen, or salts, sugar, and albumen, are the three constituents that are indispensable for the proper nutriment of the body.

The author regards it as an error to refuse meat to such children in favour of less digestible vegetable substances. This meat is best supplied in the form of raw, prime rump-steak, devoid of fat, rubbed into a paste, of which about two spoonfuls, divided into four repasts, are given daily, with or without sugar. Either this or Liebig's flesh-broth should be given, with some roasted farinaceous substance. This nourishment is especially indicated when any inclination to diarrhoea exists, and forms one of the best remedies in obstinate diarrhoea lactantium, as also in conjunction with other measures in atrophía infantum.

From its great utility in the above cases the natural conclusion is, that it may be the proper nourishment for children already weaned, especially in weak, scrofulous, and lymphatic subjects. By the process of roasting, the outer covering of the starch granules becomes destroyed, and the flour is converted into gum and dextrine, which are easy of digestion. It should then be prepared by first mixing the starch with cold water, pouring on the hot water, and boiling, stirring the while. Liebig's broth, either with or without the farinaceous addition, is an excellent diet in such children, when inclined to diarrhoea. It is made by chopping up small pieces of beef quite free from fat, as if for sausages. A pound is mixed, with equal parts of water, and, adding a little salt, this is boiled for half-an-hour; it is then strained, separating the fat, coagulated albumen, and fibrine, and leaving all the nutritious and sapid portions.

Economical Mode of Making a Fire.

A CORRESPONDENT of the *Builder* says:—"Clean out your grate, cover the bottom with a plate of sheet-iron cut to fit, place your coals in the grate to the level of the underside of the top bar, keeping the larger ones to the front, to prevent waste. Light your fire on the top by means of paper, wood, and coke (the cinders

Shun delays, they breed remorse.

Honest designs must wait for the reward.

Curses, like arrows, often light upon our own heads.

of a previous fire), or any prepared fire-lighting material, and allow it to burn downwards undisturbed. Never poke from beneath, but, if the fire is dull, gently disturb and draw together the upper portion of coal and cinders, allowing the fire to burn gradually downwards.

By this method a pleasant fire is obtained sooner than by lighting from beneath ; the smoke is burned, there is neither dirt nor dust underneath the grate, and a warmer fire is obtained with about half the quantity of coals.

The Pleasures of Home.

HOMES the resort of love, of joy, of peace—
 So says the bard, and so say truth and grace ;
 Home is the scene where truth and candour move,
 The only scene of *true* and genuine *love*.
 To balls and routs for fame let others roam,
 Be mine the happier lot to please at home.
 Clear, then, the stage ; no scenery we require,
 Save the snug circle round the parlour fire ;
 And enter, marshalled in procession fair,
 Each happier influence that governs there !
 First, Love, by friendship mellowed into bliss,
 Lights the warm glow and sanctifies the kiss ;
 When fondly welcomed to the accustomed seat,
 In sweet complacence wife and husband meet,
 Look mutual pleasure, mutual purpose share,
 Repose from labours to unite in care !
 Ambition ! does ambition there reside ?—
 Yes : when the boy, in manly mood astride,
 With ruby lip, and eyes of sweetest blue,
 And flaxen locks, and cheeks of rosy hue
 (Of headstrong prowess innocently vain),
 Canters—the jockey of his father's cane ;
 While Emulation in the daughter's heart,
 Bears a more mild, though not less powerful part ;
 With zeal to shine her little bosom warms,
 And in the romp the future housewife forms.



The over-curious are not over-wise.

They lose the world who buy it with much care.

Who soars too near the sun with golden wings, melts them.

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Honest designs must wait for the reward.

ODDS AND ENDS WORTH REMEMBERING.

“Housekeeping and husbandry, if it be good,
Must love one another, as cousins in blood;
The wife, too, must husband as well as the man,
Or farewell thy husbandry, do what thou can.”

TUSSER.

ODDS AND ENDS WORTH REMEMBERING.

1. *If you have a strip of land, do not throw away soap-suds : both ashes and soap-suds are good manure for bushes and young plants.*
2. *Cream of tartar rubbed upon soiled white kid gloves, cleanses them very much.*
3. *Woollen cloths should be washed in very hot suds, and not rinsed : lukewarm water shrinks them.*
4. *Do not let coffee and tea stand in tin.*
5. *Scald your wooden-ware often, and keep your tin-ware dry.*
6. *Preserve the backs of old letters to write upon.*
7. *If you have children who are learning to write, buy coarse white paper by the quantity, and keep it locked up, ready to be made into writing-books : it does not cost half so much as it does to buy them at the stationer's.*
8. *See that nothing is thrown away which might have served to nourish your own family, or a poorer one. As far as it is possible, have bits of bread eaten up before they become hard : spread those that are not eaten, and let them dry, to be pounded for puddings.*
9. *Attend to all the mending in the house once a-week, if possible : never put out sewing ; and if it be not possible to do it in your own family, hire some one into the house, and work with them.*
10. *A warming-pan full of coals, or a shovel of coals, held over varnished furniture, will take out white spots :*

Game is spoiled if overdone.

Muslin or lace should not be put away with starch in them.

Clear-starching should always be done on a bright, clear day.

care should be taken not to hold the coals near enough to scorch, and the place should be rubbed with flannel while warm.

11. *Sal-volatile or hartshorn will restore colours taken out by acid:* it may be dropped upon any garment without doing harm.

12. *New iron should be very gradually heated at first:* after it has become inured to the heat, it is not so likely to crack.

13. *Clean a brass kettle, before using it for cooking,* with salt and vinegar.

14. *The oftener carpets are shaken, the longer they wear.*

15. *Linen rags should be carefully saved,* for they are very useful in sickness; if they have become dirty and worn by cleaning silver, &c., wash them and scrape them into lint.

16. *If you are troubled to get soft water for washing,* fill a tub or barrel half full of wood-ashes, and fill it up with water, so that you may have ley whenever you want it; a gallon of strong ley, put into a kettle of hard water, will make it as soft as rain-water; some people use pearlash, or potash, but this costs something, and is very apt to injure the texture of the cloth.

17. *Do not let knives be dropped into hot dish-water.* It is a good plan to have a large tin pot to wash them in, just high enough to wash the blades without wetting the handles.

18. *To take stains out of silver,* steep it in soap leys for the space of four hours; then cover it over with whiting, wet with vinegar, so that it may lie thick upon it, and dry it by the fire; after which rub off the whiting, and pass it over with dry bran, and the spots will not only disappear, but the silver will look much brighter.

19. *Sponges may be cleaned thus:*—Procure one pennyworth of salts of lemon, put it into about two pints of hot water, and then steep the sponge in it: after it is clean, rinse it in a little clear water.

20. *Charcoal ground to powder will give knives a good polish.*

White meats are least stimulating, and most gelatinous.

If possible, poultry-houses should have a southern aspect.

Birds are most easily digested when young.

21. *A bonnet and trimmings will wear longer if the dust is brushed well off after walking.*

22. *Apples intended for dumplings should not have the core taken out of them, as the pips impart a delicious flavour to the dumplings.*

23. *A rice-pudding is most excellent without either eggs or sugar, if baked gently ; it keeps better without eggs.*

24. *Do not cook a fresh joint of meat whilst any of the last remains uneaten : hash it up, and, with a little management, eke out another day's dinner.*

25. *The shanks of mutton make a good stock for any kind of gravy, and they are very cheap.*

26. *Thick curtains drawn closely around a bed are very injurious.*

27. *Regularity in the payment of accounts is essential to housekeeping : all tradesmen's bills should be paid weekly.*

28. *Hair and clothes-brushes may be cleaned thus :— Put a table-spoonful of pearlash into a pint of boiling water ; having fastened a piece of sponge to the end of a stick, dip it into the solution, and wash the brush with it ; next pour over it some clean hot water, and put it aside for a short time, then drain and wipe it with a cloth.*

29. *For the cure of the cramp in bathing, Dr. Franklin recommends a vigorous and violent shock of the part affected, by suddenly and forcibly stretching out the leg, which should be darted out of the water into the open air, if possible.*

30. *To strengthen a decayed canvas, and to preserve sound canvas from decaying, let the back of every picture receive two or three good thick coats of white lead, or whatever other cheap pigment is best for tenacity and strength.*

31. *Gold and silver lace may be cleaned by sewing it in clean linen cloth, boiling it in a pint of soft water and two ounces of soap, washing it in cold water ; if it is tarnished, apply a little warm spirits of wine to the tarnished parts.*

Salad plants must not be kept long.

Damp clayey soils are highly injurious to poultry.

Cooks should take care to use everything up.

32. *Dish-covers and pewter articles requiring a polish,* should be first rubbed on the outside with a little sweet oil laid on a piece of soft linen cloth, then cleaned off with pure whiting on linen cloths.

33. *Dipping the finger-ends in some bitter tincture* will generally prevent children putting them to their mouth; but if this fails, each finger-end ought to be encased in a stall until the habit is eradicated.

34. By an act of Parliament passed in the reign of George III., *an individual giving a false character of a servant* is exposed to an action, if any ill consequences arise from such conduct; no master or mistress is obliged to give a character to a discharged servant.

35. *Watercresses will keep fresh some days* if kept in brine made with common salt and water.

36. *Highly-perfumed soaps should be avoided,* as they act injuriously upon the skin.

37. *Oysters may be kept eight or ten days fresh* if they are laid, the flat shell upwards, in a rough basket, and sprinkled with water twice a-day in a cool place.

38. *Marble is best cleaned with a little soap and water,* to which some ox-gall may be added.

39. *If ink be destroyed by an acid,* it may be recalled by sponging it with a weak solution of alkali (carbonate of ammonia). If by chlorine, wet the paper over with a weak solution of potash, which has been boiled some time on flowers of sulphur; if by age, wash it over with a solution of prussiate of potash (a blue), or a solution of nutgalls (a black).

40. *Muslins and light things should be washed in clean water,* as their colour cannot be preserved if any other apparel have been previously washed in the water.

41. *When, from frequent washings, flannels have lost their colour,* it may be restored by fumigating them with sulphur; an easy way to do this is to place the burning sulphur under an inverted basket, over which the flannels are laid.

42. *In a lobster lately caught,* you may put the claws in motion by pressing the eyes with your fingers; but when it has been long caught, that muscular action

A cow in confinement requires much hand-rubbing.

Meat is more thoroughly cooked when boiled gently.

Salt and dried meats require very slow boiling.

cannot be excited; *the freshness of boiled lobsters is determined by the elasticity of the tail; the heaviest lobsters are always the best.*

43. *Bed-room carpets should be loose, so that they may be often shaken.*

44. *Cold-drawn linseed oil is the best mixture for polishing mahogany, especially if a dark colour is required in the wood.*

45. *In choosing linen or cambric, examine the threads if they are even and close; a raw linen with uneven threads, does not promise to wear well.*

46. *Silk gowns and pelisses, when taken off, should have the dust gently shaken out of them, and afterwards they should be rubbed with a clean handkerchief or linen cloth, then carefully folded, and laid by in drawers, and covered with paper.*

47. *Soap rubbed on mildewed linens, and afterwards fine chalk scraped upon the spots, will remove them after two or three trials.*

48. *Fruit and red wine stains on linen may be taken out by a preparation of equal parts of slaked lime, potass, and soft soap, and by exposure to the sun, while this preparation is upon the stain.*

49. *Ink and ironmoulds on linen may be removed by salt of lemon (oxalate of potass).*

50. *Eggs may be preserved by applying, with a brush, a solution of gum arabic to the shells, and afterwards packing them in dry charcoal dust.*

51. *To render shoes waterproof, warm a little bees'-wax and mutton suet until it is liquid, and rub some of it slightly over the edges of the sole where the stitches are.*

52. *Cane chairs may be cleaned by sponging them, until soaked, with soap and hot water.*

53. *A green paint for garden-stands, trellises, &c., may be obtained by mixing a quantity of mineral green and white lead, ground in turpentine, with a small portion of turpentine varnish for the first coat; for the second, put as much varnish in the colour as will produce a good gloss.*

Slow roasting is as desirable as slow boiling.

Cutlery should always be good and beautifully clean.

To carve neatly, is economical as well as agreeable.

Never place anything on the mantel-shelf to attract children.

54. *Ink-spots may be taken out of mahogany by applying spirits of salt.*

55. *Stains may be removed from the hands by washing them in a small quantity of oil of vitriol and cold water, without soap.*

56. *Wax may be taken out of cloth by holding a red-hot iron within an inch or two of the marks, and afterwards rubbing them with a soft, clean rag.*

57. *Silk articles should not be kept folded in white papers, as the chloride of lime used in bleaching the paper will impair the colour of the silk.*

58. *To take ink-stains out of a coloured table-cover, dissolve a tea-spoonful of oxalic acid in a teacup of hot water; rub the stained part well with the solution.*

59. *The first application to a burn should be sweet oil, putting it on immediately, until other remedies can be prepared.*

60. *A half-worn carpet may be made to last longer by ripping it apart, and transposing the breadths.*

61. *Medicine-stains may be removed from silver spoons by rubbing them with a rag, dipped in sulphuric acid, and washing it off with soap-suds.*

62. *Papier-maché articles should be washed with a sponge and cold water, without soap, dredged with flour while damp, and polished with a flannel.*

63. *To loosen a glass stopper, pour round it a little sweet oil, close to the mouth of the bottle, and lay it near the fire, afterwards wrap a thick cloth round the end of a stick, and strike the stopper gently.*

64. *Glass should be washed in cold water, which gives it a brighter and clearer look than when cleansed with warm water.*

65. *Ink may be rendered fluid by putting in the ink-stand a small quantity, about the size of a pin's head, of prepared ox-galls, which may be purchased at any artist's colour shop.*

66. *Single eye-glasses are highly injurious; double glasses should be used when absolutely necessary.*

67. *Playing-cards may be cleaned by rubbing the soiled parts with a piece of flannel and fresh butter; to*

Rain water should be used for cooking broths and soups.

Much talking injures the sick.

restore the gloss to the card, rub the surface sharply with a piece of flannel and some flour.

68. *Old soft towels, or pieces of old sheets, or table-cloths, make excellent iron wipers.*

69. *To bleach a faded dress, wash it well in hot suds, and boil it until the colour seems to be gone, then wash and rinse, and dry it in the sun: if not sufficiently white, repeat the boiling.*

70. *Cold green tea, very strong, and sweetened with sugar, will, when set about in saucers, attract flies and destroy them.*

71. *If a clothes closet become infected by moths, let it be well rubbed with a strong decoction of tobacco, and repeatedly sprinkled with spirits of camphor.*

72. *Children should be early taught how to press out a spark, when it happens to reach any part of their dress, and, also, that running into the air will cause it to blaze immediately.*

73. *Paper fire-screens should be coated with transparent varnish, otherwise they will soon become discoloured.*

74. *Oil or grease may be removed from a hearth by covering it immediately with thick hot ashes.*

75. *If wax candles become discoloured or soiled, rub them over with a clean flannel, slightly dipped in spirits of wine.*

76. *In lighting candles always hold the match to the side of the wick, and not over the top.*

77. *In choosing paper for a room, avoid that which has a variety of colours or a large showy figure, as no furniture can appear to advantage with such; large figured papering makes a small room look still smaller.*

78. *Straw matting may be cleaned with a large coarse cloth, dipped in salt and water, and then wiped dry; the salt prevents the matting from turning yellow.*

79. *If an oil-painting is hung over the mantel-piece, the canvas is liable to wrinkle with the heat.*

80. *Ottomans and sofas, whether covered with cloth, damask, or chintz, will look much the better for being cleaned occasionally with bran and flannel.*

Lay loaded guns in safe places.

A housewife should do everything with method.

It is always better to keep clean than to make clean.

81. *Furniture made in the winter*, and brought from a cold warehouse into a warm room, is very liable to crack.

82. *To keep rosewood furniture in good order*, it should be rubbed gently every day with a clean soft cloth.

83. *Dining-tables may be polished* by rubbing them for some time with a soft cloth, and a little cold-drawn linseed-oil.

84. *Iron-stains may be removed from marble* by wetting the spots with oil-of-vitriol, or with lemon-juice, or with oxalic acid diluted in spirits of wine, and, after a quarter of an hour, rubbing them dry with a soft linen cloth.

85. *Silver and plated ware* should be washed with a sponge and warm suds every day after using, and wiping dry with a clean soft towel.

86. *The safest, and in many respects the most pleasant teapots, are those of China.* Wedgwood ware is very apt, after a time, to acquire a disagreeable taste.

87. *Japanned urns, waiters, &c.*, should be cleaned with a sponge and cold water, finishing with a soft, dry cloth.

88. *Grease-spots may be removed from alabaster* with a little clean oil of turpentine.

89. *Amber is joined and mended* by smearing the surfaces of the pieces with linseed or boiled oil, and then strongly pressing them together, at the same time holding them over a charcoal fire, or heating them in any other way to which they will not be exposed to injury.

90. *An excellent lime-wash for walls, or boardings of out-houses or cottages*, is made thus:—Half fill with water a tub of six or eight gallons, and add to it as much of clean, sharp, and rather coarse sand, and of Dorking lime fresh burnt, in about equal quantities, as will make, when it is well stirred up and mixed, a wash of about the thickness of cream. Lay this on the walls with a large brush, taking care to stir up the mixture every time the brush is dipped into it, so as to take up as much sand as possible.

Be watchful of children near the fire.

Chicory contains only half the nutriment of coffee.

Rice should not be purchased in large quantities.

Cold weather is the best season for smoking meats.

91. *Fenders should not be higher than safety requires, as they thus stop much of the heat from the fire, and keep it from the feet.*

92. *Where health requires to be much attended to, iron stoves should be avoided.*

93. *To sit quite opposite to a fire is often dangerous; as this is the strongest part of the current of air, many a cold may be caught:—besides the positive injury to the eyes.*

94. *During the hot hours of the day in summer, all windows should be kept closed, to prevent the admission of hot air: for the air is hotter out-of-doors than within.*

95. *The most frequent cause of smoky chimneys is the width of their throats; when this is the case contracting the throat will remedy the evil.*

96. *Looking-glasses may be cleaned by first washing the glass all over with clean lukewarm soap-suds and a sponge. When dry, rub it bright with a buckskin, and a little prepared chalk finely powdered.*

97. *Trees that have maintained their maturity without passing into decay make the best fuel.*

98. *An advantage in using wood for close fireplaces is the quantity of flame it affords, and the facility with which it may be kindled and put out by a damper.*

99. *A mahogany frame should be first well dusted, and then cleaned with a flannel dipped in sweet oil.*

100. *Bronze chandeliers, lamps, &c., should be merely dusted with a feather-brush, or with a soft cloth, as washing will take off the bronzing.*

101. *In ordering coals it is most prudent to deal with those who have their own wharves.*

102. *Coke, when used in an open fire, should be broken to the size of a goose-egg, and laid on the top of the fire when it has well burned up. Care should be taken that they do not get in front of the fire before they are red-hot, as they will only obstruct the rays of heat.*

103. *To clean knives and forks, wash the blades in warm (but not hot) water, and afterwards rub them lightly over with powdered rotten-stone, wet to a paste*

Currents should be new when purchased for store.

Leave nothing poisonous open or accessible.

with a little cold water ; then polish them with a clean cloth.

104. *A good blacking for stoves* may be made with half-a-pound of black-lead finely powdered, and (to make it stick) mix with it the whites of three eggs well-beaten ; then dilute it with sour beer or porter till it becomes as thin as shoe-blackening. After stirring it, set it over hot coals to simmer for twenty minutes ; when cold it may be kept for use.

105. *In very cold weather, putting some coke on the fire* is a decided improvement from the greater heat thrown out than can be given by coal alone.

106. *Fuel generally cannot be kept too dry* ; when exposed to the weather, or put into damp places, a great deal of its material when burning is employed in converting the water it contains into vapour, which escapes up the chimney, carrying with it the heat that was necessary for its conversion : this remark will apply to coals, but there are other reasons why small coal should be damped sometimes slightly : when perfectly dry, they are apt to run to waste among the ashes.

107. *For cleaning brasses* belonging to mahogany furniture, either powdered whiting or scraped rotten-stone, mixed with sweet oil, and rubbed on with a buckskin, is good.

108. *The best covering for a kitchen floor* is a thick unfigured oil-cloth, of one colour.

109. *Meat may be kept for several days in the height of summer* sweet and good, by lightly covering it with bran, and hanging it in some high and windy room, or in a passage where there is a good current of air.

110. *Various mixtures are employed for making pastiles* ; but they all contain charcoal, mixed with fragrant materials, as benzoin, balsam of Peru, storax, &c., and those odoriferous gums produce an agreeable perfume, yet the vapours of the charcoal, instead of purifying the air, tend to increase its unwholesomeness by giving out carbonic acid.

111. *It is in vain to think of stopping up every crevice capable of occasioning a draught* ; a draught must exist where there is a fire ; the study must be to contrive

Lime-water often renders milk more light on the stomach.

Acid liquids must not be allowed to cool in pewter vessels.

Keep anchovies in a cold place.

that the air shall be admitted where, and how, it will be the least inconvenient.

112. *A good cold cream may be made thus:—*Oil of almonds, one pound; suet and white lard, of each one pound; spermaceti and white wax, one ounce; melt them in a boiling water bath, add rose or orange-flower, four ounces; essence of lavender or bergamot, thirty-five drops.

113. *When velvet gets plushed from pressure* hold the parts over a basin of hot water, with the lining of the dress next the water; the pile will soon rise and resume its original beauty.

114. *A tight boot or shoe goes on easier when thoroughly warmed, by turning the soles next to the fire.*

115. *All kinds of glass vessels, and other utensils, may be purified and cleaned by rinsing them out with powdered charcoal.*

116. *Flannels should be soaked before they are made up,* first in cold, then in hot water, in order to shrink them.

117. *Animal charcoal is decidedly inferior to both wood and peat charcoal, as an absorber of gases and vapours; but, as a deodoriser, it is immensely superior to either of them.*

118. *Worsted and lamb's wool stockings should never be mended with worsted or lamb's wool, because the latter being new it shrinks more than the stockings, and draws them up till the toes become narrow and the heels have no shape left.*

119. *There should be a continual change of air in sleeping apartments during the night,* by the escape of the heated and foul air, and the introduction of cool and fresh air.

120. *When much pastry is made in a house, a good quantity of fine flour should be kept on hand, in dry jars, and quite secured from the air, as it makes lighter pastry and bread when kept a short time, than when quite fresh ground.*

121. *Preserved ginger is made by scalding the young roots till they become tender, then peeling them in cold water, frequently changing the water; after this they are put into a thin syrup, from which, in a few*

Pepper is weakened by exposure to the air.

Herrings are the most easily digested of all sea-fish.

Cheese, if too much salted, acquires a pernicious acrimony.

days, they are removed to the jars, and a rich syrup poured over them.

122. *The best mode of using coffee as a disinfectant* is to dry the raw bean, pound it in a mortar, and then roast the powder on a moderately-heated iron-plate, until it assumes a dark brown tint, when it is fit for use. Sprinkle it in sinks or cess-pools, or lay it in a plate in the room which you wish to have purified.

123. *Clothes worn by persons during pestilential diseases are disinfected* by being washed in a solution of chloride of soda; the linen of sick persons, where there is any danger of infection, should be put into water with chloride of lime, or soda, as it is taken off.

124. *Serious accidents occur in boiling oil, pitch, and similar substances*, by approaching too near with a light, or by suffering them to boil over, by which their vapour is set fire to, and the whole of the oil is inflamed.

125. Quassia and sugar, with a little water set about a room in saucers, are the safest destructives for flies.

126. Neither soup, nor anything which is to be eaten, should be suffered to remain till cold in copper utensils.

127. *Tallow candles, when laid up in store, should be preserved from the atmosphere*: it is a good practice to cover them with bran; light turns them yellow; they are better for being kept for six or eight months.

128. *Small coals and cinders will serve as fuel for stoves and coppers*, after they are well lighted.

129. *Have all your saucepans and kettles made either of iron or tin*: copper utensils are not at all safe things in the hands of careless servants.

130. *Tin is the best material for kitchen candlesticks*; the varnish of those which are japanned wears off.

131. *Do not forget to have save-alls for burning the ends of candles*.

132. *Lamp or candle-shades of ground glass* should be cleaned with soap or pearlash: the latter will not injure them.

133. *A globe of glass filled with water, with a light placed before it, is used by the French peasants* who

Loaf sugar, when good, is of a clear texture.

Succulent vegetables should be kept in a heap and not spread out.

When boiled with milk and eggs, chocolate is very nourishing

make lace : this greatly increases the vividness of the light.

134. *It is necessary that Argand lamps should be trimmed daily, and thoroughly cleaned out twice or thrice every year, by pouring warm water into them, with a little pearlash dissolved in it.*

135. Eels are rendered more wholesome by being salted.

136. Never keep bacon or hams in a hot kitchen, or in a room exposed to the rays of the sun, as all these circumstances contribute to render them rusty.

137. *Rosewood, inlaid with buhl, may be cleaned when the brass has become dull, by rubbing it with tripoli or rotten-stone, and a very little sweet oil.*

138. *When ivory ornaments become cracked from exposure, they should be washed with soap and warm water with a brush until the cracks disappear ; glass covers are the most suitable protectors for them.*

139. *In feather-beds offered cheap at second-hand warehouses, the feathers are frequently not well freed from the animal oil, and are imperfectly stoved and beaten ; insects are thus harboured, and an unhealthy odour is emitted.*

140. *When new feathers have a faint smell when first slept on, take off all the blankets from the bed every morning, and expose it to the air for three or four hours, and in a short time all smell will disappear.*

141. The too frequent use of hard brushes, fine-tooth combs, and cosmetics, tends to destroy hair speedily.

142. Polished steel should be rubbed with putty powder, laid on with a buff stick.

143. *When meat is hanging, change its position frequently, to equally distribute the juices.*

144. All salted, as well as smoked fish, are trying to the stomach, and afford but little nutrition.

145. *When milk is taken as an article of diet, it should be taken alone, or with such substances as bread, oat-meal, or rice, which are not likely to exert any rapidly decomposing effect upon its constituents.*

Beware of damps underground.

If meat will not keep till it be wanted, par-boil or par-roast it.

Pepper, if too minutely ground, often causes heartburn.

146. *When chamber-towels get thin in the middle, cut them in two, sew the salvages together, and hem the sides.*

147. *When salt is dried for the table, do not place it in the salt-cells until it is cold, otherwise it will harden into a lump.*

148. *To remove any unpleasant smell from jars, scald them with strong hot ley, filling them up to the top, and letting the ley remain in them until cold.*

149. *Milk should never be kept in leaden vessels; the acid of the milk dissolves a portion of the lead, which is thus converted into a dangerous substance.*

150. *To clean articles of bright tin, get a ball of the finest whiting; mix some of it powdered with a very little drop of sweet oil, and rub the tin with this; then wipe it clean, and dust some dry whiting on it, cleaning it off with chamois leather.*

151. *To prevent rusting, tin should be kept in a dry place.*

152. *Oil-paintings do not suffer from the sun's rays; for pictures which are put away with their faces turned to the wall, change much more than when hung up and exposed to the light. Water-colour drawings, however, suffer much from exposure to light, and, when valuable, should have a silk screen before them.*

153. *When chintzes are used for curtains, they should not be much glazed.*

154. *As soon as a carpet begins to wear, its position in the room should be altered, that every part may be worn alike.*

155. *Flowers should never be kept in bed-chambers or nurseries, as they give out carbonic acid during the night.*

156. *In purchasing chairs it is necessary to ascertain whether the stuffing is really done with horse-hair, as hair of very inferior kinds is frequently substituted, and sometimes it is mixed with wool, and even straws.*

157. *Choose a proper situation for placing writing-desks or tables, with respect to the light, which should come in from the left.*

Oxalic acid and hot water will remove iron-mould in linen.

Keep a strict watch on fuel; servants are generally wasteful of it.

The pastry-cook is the physician's best friend.

158. *It is better to write receipts in a book, as they are more easily referred to than when placed on a file.*

159. *Persons of defective sight, when threading a needle, should hold it over something white, by which the sight will be assisted.*

160. *When reading by candle-light, place the candle behind you, that the rays may pass over your shoulder on to the book. This will relieve the eyes.*

161. *In winter get the house-work forward by daylight to prevent the waste and danger of running about with candles.*

162. *A wire fire-guard for each fire-place in a house costs little, and greatly diminishes the risk to life and property : fix them before going to bed.*

163. *When paper walls should be cleaned, the best plan is to sweep off all the dust, then rub the paper with stale bread ; cut the crust off very thick, and wipe straight down from the top, then begin at the top again, and so on.*

164. *Before a new bed is slept on it should be exposed several days to the sun.*

165. *Wire guards for a fire should never be omitted for a nursery, and high fenders are necessary to prevent the too near approach of children.*

166. *Oil should be eaten with much bread, when used in salads or otherwise, as it requires a powerful and active bile to assimilate it to alimentary matter.*

167. *White linings to bonnets are hurtful to the eyes, in consequence of their reflecting a great deal of light.*

168. *The most efficient cure for corns is, to get rid of the offending boot or shoe : the best palliative is to keep the hardened mass well pared in the centre : soft corns should be cut with scissors : a piece of linen should be worn between the toes, and the strictest cleanliness observed.*

169. *Ink may be prevented from running in porous paper, by brushing a thin solution of gum or isinglass over the part to be written upon, and allowing it to dry thoroughly before using the pen.*

Keep a distinct oil-can for parlour-lamp.

Remember that meats boiled quick will be hard.

Coal should not be thrown on the fire from a scuttle.

170. When infants are deprived of a free supply of pure air and light, scrofula is the consequence.

171. *To exclude dust from drawers*, in which delicate objects of dress are placed, each drawer should be covered by four pieces of paper, pasted to the upper edges of the drawer; two of these papers, which must be in width more than half that of the drawer, and consequently lap over each other, are first folded down, and over them the other two: the paper should be rather thin and pliable.

172. *A net placed across a window on the outside will effectually prevent the entrance of flies* when the windows are open: the net may be stretched on a frame to be fixed within the reveals of the window.

173. *Water-colour, coloured chalk, and other drawings, may be cheaply preserved*, by covering them with a plate of glass in front, and a piece of millboard behind; then paste a narrow strip of coloured paper round the edges, so as to keep all together: run a piece of narrow tape, about two inches long, through a small curtain-ring, affixed to the back with strong glue, and cover all the back with a piece of strong paper.

174. *Old shoes make good slippers*, and need not be denied the blacking-brush because they are old in-door servants.

175. Muslin, when stained by wine, is restored by rubbing it with soft-soap and common whiting, before washing; after which it must be kept wet, and exposed to the sun and air.

176. *To make fire-kindlers*, take a quart of tar, three pounds of resin, melt them, bring to a cooling temperature, mix with as much sawdust, with a little charcoal added, as can be worked in; spread out while hot upon a board; when cold break it into lumps of the size of a walnut.

177. *All houses should be provided with a fire-escape ladder*, which should be hung as near the trap-door as possible; they should be made to act with ease, and to fit firmly on the framework of the trap-door, *the bolts of which should be frequently oiled*, to save time in case of an alarm of fire.

No one should trim lamps with damp fingers.

Do not buy too much oil at once, as it frequently spoils by keeping.

Writing materials ought to be kept in every bed-room.

Throw a towel over empty pithers to keep the dust out of them.

The fresher mustard is, the better, therefore do not mix much at a time.

178. *Red ink for marking linen* is made with half-ounce of vermilion and one drachm of salts of steel, finely ground with linseed oil to the consistency required for marking with a pen or hair pencil.

179. *All hosiery should be judged by the fineness of the thread and the closeness of the texture*, which, in the case of stockings especially, may be partly appreciated by weighing, as it were, the articles in the hand.

180. *If you have decided to refuse a request* in writing, state it, in the outset of your letter, in the fewest words possible; then add as many regrets as you think proper.

181. *Honey loses its peculiar flavour in some preserves*, and for many is quite useless; some, however, are improved by the use of it, as apple, quince, and lemon marmalade.

182. Soft water will answer the purpose better in making old peas-soup; but when soup is to be made of green peas, hard water must then be used, as it will preserve the colour of the peas better.

183. *Those who bundle their necks with large cravats* are particularly liable to bronchitis.

184. *Cats may be kept from disturbing pigeons* by hanging bunches of rue outside, and laying them in the windows and passages of the pigeon-houses.

185. *In balconies before nursery-windows, take care that the bars are very close*, as children generally try to get through them.

186. *Purchase your china-ware of respectable dealers*: a low-priced article is often so slight as to crack after being cleaned in hot water.

187. *If you are disposed to economise, let it not be on the wages you pay seamstresses or washerwomen*, who are poorly off as it is.

188. *All clothing should sit lightly upon the figure*, so as to allow the full play of every part of the system.

189. *The best meat is that which is moderately fat*; if it be lean, or almost free of fat, it is an indication that the animal has been ill-fed, and that the meat will be tough.

Scouring-flannels should be strong and coarse.

When hinges begin to creak rub them well with soft soap.

190. *One mode of ascertaining whether an egg is fresh,* is to hold it between the eye and the light of a candle, shadowing the eye with the hand ; if the appearance is luminous without any cloudiness, the egg is fresh.

191. *The best kind of salt for the kitchen* is that which is purchased in lumps and cut down.

192. Coloured calico furniture should be screened as much as possible from the light, which makes it fade.

193. *Every kind of berries for preserving should be gathered in sunny weather,* when the fruit is as free of moisture as possible.

194. *It is an error to suppose that fruits, such as gooseberries and currants, cannot, without spoiling, be dressed for preserving, except in a brass, copper, and silver pan :* a well-tinned iron saucepan will serve equally well.

195. *Cold meat is always best when it has not been cut while worm,* as in that case the juices have not run out : the drier and more cool that cold meat is kept, the better.

196. *Walking upon soft even ground, at a moderate pace,* is an exercise that may be taken without inconvenience, and even with advantage, after a meal.

197. *Panes, or flat pieces of glass may be divided,* when a glazier's diamond is not at hand, by making a notch with a file and carrying a piece of hot charcoal in the line in which it is wished the fracture should proceed : the charcoal must be kept alive with the breath : a red-hot iron will also do.

198. *Glass may be ground by hand on any coarse-grained sandstone, or with sand, or with emery and water.*

199. Silk stockings may be washed with soap, then laid smooth, and dried by rubbing them with flannel ; if ironed, the iron should not be very hot, and a fold of blanket should be interposed.

200. It is desirable to purchase such articles as coffee, rice, ginger, &c., in an unground state ; as they lose their flavour more rapidly when ground than when whole.

Glass cloths should have as little lint as possible.

Cruets should be filled daily.

In ironing be very careful to get the hem of dresses even.

201. *To ascertain if vegetables are old gathered*, break a piece off any one with the hand ; if it snaps crisply, it is fresh ; if, on the contrary, it has a flabby appearance, and is of a softish consistency, it is stale, and should be bought accordingly.

202. "*A great-coat*," observes Dr. Kitchener, "*must be kept in a room where there is a fire*, if it has been hung up in a cold, damp hall, it will contribute about as much to your calorification as if you wrapped a wet blanket about you."

203. *It is a mistake to suppose that soap is irritating to the skin* ; common yellow-soap, thoroughly dried, or good white curd soap without scent, preserves the skin in health : if any unpleasant sensations are felt after using it, rinse the surface with water, slightly acidulated with lemon-juice.

204. *Those who have warts* should pare the hard and dry skin from their tops, and then touch them with the smallest drop of strong acetic acid once or twice daily, taking care that the acid does not run off the wart upon the neighbouring skin : continue to pare the wart occasionally.

205. In ironing, be careful first to rub over something of little value, lest fine things should be either scorched or smeared.

206. *To drive away ants*, dig up their nests and haunts, and mix the earth with gas-lime ; to kill them, pour over the nest at night a strong decoction of elder-leaves.

207. *Where garden walks are liable to become mossy*, a wire-broom is useful ; if the wire be iron, it ought to be well dried and dipped in oil before and after being used, or it is soon destroyed by the rust.

208. *Blackbeetles may be destroyed* by slices of cucumber strewn upon the floor : a preparation of phosphorus made into a paste, and sold by most chemists, is perhaps a more certain remedy.

209. *The most desirable aspect for a garden* is a slope inclining to the south-east ; it is more healthy and cheerful, and is best suited for the growth of plants.

Never fold up a shawl or cloak while it is damp.

It is best to mark linen on a dry day.

A talkative nurse is a great annoyance to an invalid.

210. *Remember that birds are benefactors as well as injurers of the gardener ; they are the most successful of all insect-killers :* the best course is to scare them away from a garden when their presence would be injurious to the crops, but not to molest them when they cannot be mischievous.

211. The best and safest mushrooms are those which spring up in one night upon a dung-bed, where gardeners have found the art to make them grow all the year round.

212. A hare is much better in winter than in summer, because the cold mellows their flesh and makes it more tender.

213. *Soot, wood-ashes, lime, salt, and deep trenching,* especially the latter, will remove earth-grubs and insects from plants.

214. *To wash swansdown,* shake, but do not rub it, in light soapsuds, then dip it in a little thin, raw starch (*not boiled*) ; let it dry gradually, either in the sun or a short distance from the fire, taking care to shake it occasionally.

215. *To clean dirty hairbrushes,* dissolve some soda in cold water, and wash the brushes in it : *do not use soap :* dry them in a shady place where there is a current of air.

216. *When sponges get greasy and dirty,* put them into a jar and cover them with milk ; let them stand for twelve hours, and then wash them well in cold water.

217. *To cleanse salads from insects,* procure some salt water, or mix some salt and water together, and immerse the salad or vegetables for a few minutes in it ; take them out and wash with fresh water in the usual way.

218. *One of the best applications for chilblains,* either as a preventive or as a cure, is a lotion composed of one drachm of borax, half an ounce of pure glycerine, and seven ounces and a half of rose-water : *the same lotion will be found very useful to those who suffer from irritability of the skin after shaving.*

Tubs, buckets, barrels, &c., last longer when painted.

Boiled fish is lighter than roasted.

219. *Remember that salt should always be kept in a very dry place; a salt-box hung near the fire-place is the best for it.*

220. *A good wife cannot do a better thing than persuade her husband to put something into the Savings Bank at the end of a week.*

221. To test the freshness of butter, insert a knife into it, which should not smell rancid and unpleasant when drawn out.

222. *In trimming candles which have been previously in use, it is desirable to pare off the top, so as to form again the conical shape into which they have been originally moulded, in order to prevent the surplus of wasted tallow flowing down the sides of the candles.*

223. *Soups, gravies, and milk, should each be put daily into clean vessels; unless this is done, they will soon begin to change: if not wanted for use immediately, they should be boiled up and then strained into cold vessels, and put into the coolest place until wanted: all vegetable substances should be strained from them.*

224. *Unless beds are well shaken, feathers adhere together and form large lumps, which will prove uneasy and inconvenient to a healthy individual resting upon them, but to invalids still more so.*

225. *Once in a fortnight paillasses and mattresses should be brushed with a clean handbrush, so as to remove all dust from the sides, and from the tufts of wool where the fastenings down of the mattresses occur.*

226. *In washing and scouring paint little soap should be used, the alkali of the soap having a tendency to injure oil-paint; plenty of water should be used to wash off what remains of the soap, for if left on the paint it will cause its decay.*

227. *When a room is fresh papered, take care to reserve small pieces of the same paper, in case of any future repairs being wanted.*

228. All brooms and brushes used for sweeping, will last much longer, if, when not in use, they are hung up by a loop of twine or tape, passed through a hole drilled for that purpose near the top of the handle.

The rind of young bacon is always thin.

Dresses must be folded with the bodices and sleeves inside.

The most simple dishes are the most nourishing.

229. Before a bed-room is swept, the bed should be covered with an old sheet, or something suitable, kept for the purpose in a closet.

230. *To clean stone floors*, boil half-a-pint of size with the same quantity of whiting and pipe-clay in two quarts of water: the stones must be first washed clean with water, and the mixture afterwards laid smoothly on them with a flannel; when dry they must be rubbed with a dry cloth.

231. *Mirrors and gilded frames should be brushed with feathers or silk dusters*; linen rubbers spoil them.

232. *Polished steel should be rubbed with soft wash-leather*; linen is too apt to be damp.

233. *A solution of soda will remove the settlements of port-wine in glasses*: a bottle-brush is liable to crack them.

234. *Finely-washed whiting is one of the safest plate powders*; to prepare this, mix some whiting up with water and stir it well; then, letting the whole remain a minute or two, pour off the white fluid into another vessel, and suffer the sediment to settle; when dry it is fit for use.

235. The best way of warming all kinds of stews is to heat them in an earthen jar immersed in a pot of boiling water.

236. *Beware of scraping off with a knife wax or tallow adhering to plate*; the scratches cannot be removed except by rubbing off the silver around it, until it is levelled to the indentations.

237. *Do not expose plated candlesticks to the heat of a fire, in order to remove grease or wax spots*, but immerse the sockets and nozzles of candlesticks in warm water, which will soften the wax, and it can then be rubbed off.

238. The feathers of poultry should be plucked as soon as possible after it is killed.

239. When cream is eaten with preserves or fruit during dinner, and followed by wine, it is apt to produce a fit of indigestion.

240. *The soot adhering to the back and sides of kettles and saucepans ought to be brushed and scraped off*, and the fronts, lids, and spouts polished daily.

Silks should always be ironed on the wrong side.

Pease-soup will keep for a week, and improve by it.

Who buys has need of a hundred eyes.

A maigre dinner once or twice a-week is healthful and economical.

241. In curing mutton hams, they should not lie in pickle longer than twelve days or a fortnight.

242. *Copper coal-scuttles may be cleaned with a composition made of one ounce of spirits of hartshorn, half a pint of vinegar, one ounce of rotten-stone, and one ounce of soft-soap ; the soap and rotten-stone are to be mixed first together, the vinegar and hartshorn must be afterwards added.*

243. *Stale bread, when immersed in cold water for a moment or two, and re-baked for about an hour, is nearly equal to new baked bread.*

244. *Oiled paper for tying over pots and jars of preserves, &c., may be made by brushing sheets of paper over with boiled oil, and suspending them on a line.*

245. *To clean steel pens, procure two pennyworth of small shot, put them into a phial with the neck broken off ; every time you wish to clean your pen, rub it up and down two or three times in the shot.*

246. *Those who wash at home should impress upon their servants to be careful that the copper and ironing stove-fires be not suffered to go out and require re-lighting ; that the soap is not left in the tub, or even in a damp place ; that the blue bag is squeezed, and hung up immediately on being taken out of the rinsing tub ; that large coals are not put under the copper nor the ironing-stove, when cinders or coal-dust would do ; that no more starch is made than is really wanted ; that the horse is not left bare of linen, which will afterwards render it necessary to keep a fire an hour or two later than would otherwise have been required ; that the linen, as soon as ironed and thoroughly aired, be folded up and put away ; and that all the utensils be cleaned and replaced as soon as done with.*

247. *To begin keeping pigeons, they must not have flown at large before you get them ; they must be kept two or three days shut up in the place that is to be their home.*

248. *The best leeches have six rouge-coloured stripes all along their backs and sides, belly of steel blue colour with yellow spots ; the common are light brown, their backs spotted with black, and belly a dusky brown.*

In buying a tartan shawl, avoid choosing one that has any white in it.

The best meat is that which is moderately fat.

249. *Boiled potatoes not only cleanse the hands, but prevent chaps in winter, and keep the skin soft and healthy.*

250. *Family clocks ought only to be oiled with the very purest oil, purified by a quart of lime-water to a gallon of oil, in which it has been well shaken, and suffered to stand for three or four days, when it may be drawn off.*

251. *When a bed is to be warmed at a moment's notice, a little salt thrown into the warming-pan, and suffered to burn for a moment or two previous to use, will be beneficial.*

252. *The easiest way to keep preserves from the air, is to brush over a sheet of paper with the white of an egg, and cover the jar, pressing it down around the edges while moist, and it will cement perfectly tight.*

253. *To make a varnish for coloured drawings and prints, take of Canada balsam one ounce, spirit of turpentine two ounces, mix them together: before this is applied, the drawing or print should be sized with a solution of isinglass in water; and when dry apply the varnish with a camel's hair brush.*

254. *If the position of a larder will not admit of opposite windows, then a current of air must be admitted by means of a flue from the outside.*

255. *Morning's milk commonly yields some hundredths more cream than the evening's, at the same temperature; that milked at noon furnishes the least; it would, therefore, be of advantage in making butter and cheese, to employ the morning's milk, and to keep the evening's for domestic use.*

256. *To test whether flour is genuine, people in the trade generally knead a small quantity by way of experiment; if good, the flour immediately forms an adhesive, elastic paste, which will readily assume any form without danger of breaking it.*

257. *A considerable increase in home-made bread, even equal to one-fifth, may be produced by using bran-water for kneading the dough: the proportion is three pounds of bran, for every twenty-eight pounds of flour, to be boiled for an hour, and then strained through a hair-sieve.*

Pork should be slowly roasted, and not too near the fire.

A tea-pot should be hot and dry when the tea is put in.

Fat used in frying must be perfectly fresh.

Buy the roasted beans of coffee, and grind them as wanted.

258. *To get rid of a bad smell in a room newly painted*: place a vessel full of lighted charcoal in the middle of the room, and throw on it two or three handfuls of juniper berries; shut the windows, the chimney, and the door close; twenty-four hours afterwards the room may be opened, when it will be found that the sickly smell is entirely gone.

259. *Excellent paste for fruit or meat pies* may be made with two-thirds of wheat-flour, one-third of the flour of boiled potatoes, and some butter or dripping; the whole being brought to a proper consistence with warm water, and a small quantity of yeast added when lightness is required.

260. *The purity of rain-water is readily ensured by causing it to flow, in its way to the tank, through a little coarse white sand.*

261. *Cut-glass tumblers are far more liable to crack than plain uncut ones*, because the inequalities in the thickness of the glass, on account of the cutting, cause it to swell or shrink very irregularly and partially, so that a fracture easily ensues.

262. *To remove mildew from walls*, wash them with a solution of corrosive sublimate, say, three ounces to a gallon of water every six or eight months.

263. *Eggs may be preserved* by plunging them for five minutes in water heated to 140° ; they should then be taken out, oiled or rubbed with suet, and packed in saw-dust or charcoal powder: they will keep thus a year or two.

264. *Certain substances—for instance, cream cheese—are injured by a moist atmosphere*; in such cases a little Scotch oatmeal, carefully dried, should be placed round them; this will keep the confined air perfectly dry.

265. *By passing a cake of white soap a few times over a piece of glazed calico, or any other stiffened material*, the needle will penetrate with as much facility as it will through any other kind of work.

266. *The local application of a little lemon or lime-juice will prevent the irritation and itching arising from the bites of gnats and other flies.*

Bran-water is excellent for washing light calico dresses.

Hot plates should be provided for all hot meats.

267. *Old whitewash is easily removed* by scrubbing the walls with sand and water, the latter being previously acidulated with about '04 of its weight of commercial hydrochloric acid: the commonest variety of the acid, to be had for one penny or three halfpence per pound, should be used for the purpose.

268. Salt should not be sprinkled on chops or steaks either before nor while broiling, as it draws out the gravy.

269. Before meat is put down to roast, the lower bars of the fire should be raked and cleared of every smoky coal in front.

270. Candles, excluded from the light, and kept in a cool, dry place, are generally improved by a year's keeping.

271. A thick coating of caoutchouc, melted in a close vessel, that it may not inflame, is the best preservative of steel goods from rust: it will require the temperature of fusing lead, and must be stirred to prevent burning.

272. *When genuine, drops from spermaceti candles leave no stain.*

273. Hay, sprinkled with chloride of lime, and left for some hours in a closed room, will remove the smell of paint.

274. Advocates of buying rather than building houses, should remember that houses built for sale or letting, are merely erected to suit the place where they stand, while those built to order are erected to suit the particular wants and wishes of the future occupant.

275. Ivory handles should be washed with a bit of sponge dipped in soap and water, or with a little spirits of wine and water: when a red wine or a fruit-stain shows itself on the handles, it may be scraped off carefully with a sharp knife.

276. Potatoes, whether stored in a house or in heaps on the field, should not be put together in great quantities: if laid up in a cool store-room, they should be spread as thinly as possible, and covered slightly with dry straw to exclude light, if there be a window.

277. *Oil for the purpose of artificial light should be kept from exposure to the air.*

Buy furniture from a cabinet-maker of established reputation.

Drawing-room carpets should be swept with a hair broom.

Avoid running accounts; pay ready money.

278. To preserve any headed kinds of cabbages through the winter, suspend them in a sound state from the rafters of a dry room, or put them upright in sand, or store them in heaps with straws around them, like turnips or cattle-beet.

279. The greatest security from fleas is to keep rooms as free from dust as it is possible: this troublesome insect seeks to lay its eggs wherever dust or down are combined.

280. Woollen articles attacked by moths, should be well beaten and brushed, and, if possible, they should be put in hot water to destroy the young larvæ.

281. Alabaster ornaments are mostly made in several parts; they should not, therefore, be left to soak, lest the cement, by giving way, should occasion breakage.

282. To prevent ants from climbing up trees, bind a horse-hair rope three or four times round the tree; make a ring of tar round the tree; others recommend a ring of chalk.

283. Common soft pomatum is made of equal parts of beef and mutton suet and hog's lard melted together; any perfume can be added while they are liquid.

284. Cold melted butter may be warmed by putting the jar containing it into boiling water and covering it over.

285. All kinds of jellies and blancmanges, when broken, may be dissolved over the fire, put into fresh moulds and re-served.

286. Spices, such as nutmeg, mace, allspice, &c., should be powdered and kept dry in bottles, as they go much further in this state, and more readily give out their flavour.

287. A neat, clean, fresh-aired, sweet, and well-arranged house, exercises a moral as well as a physical influence over its inmates.

288. For making litters to carry persons who have met with severe accidents, hop-poles, or other stout stakes, and blankets or horse-cloths serve; and a door or a hurdle is a litter ready made.

Brush cloth clothes well before washing.

Every house should be provided with one or more lanterns.

Dusting meat well with black pepper is a preservative against flies.

Green vegetables should not be placed in water till just before being used.

289. Never forget the maxim that as things grow dearer, if we cannot increase our income, and wish to be at ease, we must diminish our expenses.

290. *The frequent complaints we hear of inflammation and pains in the joints are occasioned by shoes made too tight:* all the misery of corns is produced in the same way.

291. Keep anchovies well covered; when you open a jar, moisten the bladder tied upon it and it will come off easily; as soon as you have taken out a fish, replace the coverings: the air soon spoils anchovies.

292. If you wish to have a mustard poultice, act quickly; mix it with hot or cold water as you please, as thick only as you would have it mixed for the dinner-table.

293. To make good the defects occasioned by wood-shrinking in a house, warm gutta-percha until it becomes glutinous; then, with a heated iron or chisel, point all along the joints: after two or three minutes the whole surface will become as one board.

294. *Put your balls, or reels of cotton, into little bags, leaving the ends out.*

295. A simple ointment for dressing wounds and sores is made by melting in a pipkin by the side of the fire, without boiling, one part of yellow or white wax, and two parts of hog's-lard or olive-oil.

296. Milk has always been considered a certain antidote in some cases of poisoning: the soluble caseum will perform the same office against most of the metallic salts; but there is reason to believe that white of egg is better than either against corrosive sublimate.

297. An excellent size for illuminators, artists, &c., may be made thus:—Four ounces of Flanders' glue, and four ounces of white soap, are to be dissolved on the fire in a pint of water; two ounces of powdered alum should be added, and the whole should be stirred and left to cool; this should be spread cold with a sponge or pencil on the paper to be prepared.

298. *Dirty windows speak to the passer-by of the negligence of the inmates.*

Pudding-cloths should be of stout and tolerably fine linen.

Always sweep the hearth after arranging a fire.

299. To remove the unpleasant smell of oiled or varnished cloths and stuffs, expose them to the action of a chloric fumigation in a close room.

300. It is said that the butchers of Geneva use the oil of laurel as a substance which prevents flies from approaching their meat: the odour of the oil, though strong, is not very disagreeable, and the flies will not approach the walls or parts which have been rubbed with it. The person who describes their effects, says that he has, in this way, guarded the gilt frames of mirrors and pictures most perfectly from flies.

301. *Caustic as an application for corns should be used with great caution, and would be better left in the hands of a medical man.*

302. By tying a silk or cotton handkerchief round the neck, and covering even the mouth and nostrils when out in cold and damp weather, colds will very frequently be prevented.

303. The best means to preserve eggs is to rub them very carefully over with fresh olive-oil, and then put them in jars with bran about them, and tie them with wax paper or bladder: in this operation the oil must not be rancid (good olive-oil has no particular smell, and is almost tasteless), and the whole surface of the egg-shell must be saturated with it by rubbing,—the omission of a piece the size of a pea will cause the egg to be bad: fresh butter is used for the same purpose.

304. Much waste of tallow is occasioned in many families that can ill afford it by careless and slovenly habits; such as carrying a candle aslant, or not properly fixing it in a candlestick, or suffering a lighted candle to stand in the draught of an open door or broken window; or, in the daytime, instead of putting the pieces of candle in the box, exposing them in the candlestick to the influence of the sun or fire; or instead of sticking the small pieces upon a save-all, suffering them to burn away in the socket.

305. Nuts ought only to be eaten while fresh, and when the skin, which is extremely unwholesome, can be removed; they should be well chewed and eaten with salt: if eaten in large quantities they produce alarming disorders.

Hair trunks rarely fail to attract moths.

Puff-paste, while being made, should be kept as cool as possible.

White feathers should never be worn while the weather is damp.

306. Artichokes are preserved by stringing them on pack-thread, and placing a clean piece of paper between every bottom, to prevent them from touching each other, and hanging them in a dry place.

307. *Every one should know that coal-gas mixed with common air will explode like gunpowder when a light of any kind is brought into it.*

308. If bottles, filled with beer, ale, or porter, are not soon enough corked, it turns flat and sour, and does much mischief to those who drink it.

309. When stung by nettles, rub the affected part with the bruised leaves of the common dock (*Rumex patientia*), a plant which generally grows in the vicinity of the nettle.

310. Boiling in a well-floured cloth will make meat white: the cloths kept for this purpose should be boiled after being used in clean water, nor should they be suffered to hang in damp places, which would be the means of communicating a damp flavour to the meat. The same observation stands good as regards tapes, pudding-strings, and cloths.

311. In broiling, cooks should be careful never to baste anything on the gridiron, because that may be the means of burning it, and occasioning it to smoke.

312. *Indian-rubber overshoes should be taken off immediately on entering a house;* they prevent perspiration in a great measure, and are only useful as a less evil than getting the feet completely wet.

313. For making broths and soups, earthen vessels are preferable to those of metal, because the first are less conductors of heat; and when once heated, a few hot cinders will keep them in as gentle a degree of boiling as may be required.

314. In choosing salt butter trust rather to your smell than taste: if the butter be in a cask have it unhooped, and thrust a knife between the staves into the middle of it, for the top of the cask is sometimes better butter than the middle.

315. Well-burnt cinders are an excellent substitute for coke, and ought to be preserved, in every family, for the purposes of cooking.

Crabs of a middling size, are the sweetest.

In preparing mussels, care should be taken to destroy the beards.

316. Remember that water is preferable to all brewed and distilled liquors, both in strengthening the organs of digestion, and preventing complaints that have their origin in fulness of the blood.

317. To make a pickle strong enough to preserve any meat; take six ounces of salt, one pound of sugar, and five ounces of saltpetre; boil them in four gallons of water, and let them stand to cool.

318. *Lucifer-matches should always be kept in metal cases.*

319. To judge properly of an egg, put the greater end to your tongue, and if it feel warm, it is fresh; but if cold, it may be pronounced to be stale.

320. The muscles of many fish, with the exception of the heart, are quite white; and, in general, when the fish are good, they become opaque when cooked; when they remain semi-transparent, and blush after boiling, they are not in season.

321. *Much more injury is done by admitting visitors to invalids than is generally supposed.*

322. If fruit is necessarily gathered in wet weather, or early in the morning, they should be exposed a day to the sun to dry; and on no account should they be wiped, for it rubs off the bloom, which is a natural varnish, closing up the pores and preventing the evaporation of the juices.

323. In helping your guests to fish be careful not to break the flakes, which contribute much to the beauty of the fish.

324. In frying parsley be careful to pinch it very cautiously; wash it well, dip it into cold water, and throw it into a pan of boiling fat; this will make it very crisp, and of a finer green, provided it does not remain too long in the pan.

325. One pound and a quarter of lean beef, or one pound and a half of veal, will produce one pint of strong gravy.

326. *Every woman should understand the making and applying of fomentations, leeches, poultices, warm baths, and similar things.*

Family clocks ought only to be oiled with the very purest oil.

If soups are too weak, do not cover them in boiling.

327. Gruel should never be kept longer than forty-eight hours, as it becomes acescent after that period.

328. Never take lobsters when the shell is encrusted, it is a sign they are old.

329. Remember that all unfermented pastry is excessively trying to the stomach.

330. Cast-iron saucepans, although very strong, if carefully handled, are brittle, and will crack if cold water be thrown upon them when they are hot.

331. Bed-chamber brooms should be kept in a closet on the bedroom story, for them, and other similar utensils.

332. The best meat and the prime parts are unquestionably the cheapest in the end, although the first cost may be the greatest.

333. Rocking children is a dangerous practice: any child can be accustomed to sleep on merely being put into his cradle; rocking, therefore, should only be resorted to when the child is sick, to secure sleep, as a respite from suffering.

334. *Use no cosmetic but that of exercise, pure air, and a happy, healthy spirit.*

335. Where chilblains are apprehended, the feet should be bathed every night in warm salt-water, and after they are thoroughly dried, cotton socks should be immediately put on to go to bed in: equal quantities of sweet oil, lime-water, and proof-spirits, are said to form an excellent application in cases of chilblains.

336. When meat, pressed by the finger, rises up quickly, it may be considered as that of an animal which was in its prime; when the dent made by pressure returns slowly, or remains visible, the animal had probably passed its prime.

337. In buying a ham, a short, thick one is to be preferred to one long and thin.

338. Family stores of grocery, unless under peculiar circumstances, are not to be advised: a quick consumption of the finer articles is desirable, especially those with aromatic properties, which exposure to the air dissipates.

A tallow candle placed near muffs and tippels will preserve them from moths.

An oyster-shell in a tea-kettle will remove the crust in the inside.

The best coffee is always the cheapest.

339. *Every house-keeper should always have a store of old linen, cumbric, and calico-rags, and old pieces of flannel : they are invaluable in times of sickness and accident.*

340. Pits, wells, cellars, deep vaults, or other places, that have long been pent up from air and light, ought never to be entered immediately after opening them : a lighted candle should first be let down, for where this will not burn, animal life cannot be long sustained.

341. To preserve butter for winter, let the salt be perfectly dried before the fire ; roll it with a glass bottle until it is as fine as possible : spread a layer of salt at the bottom of the jar, then press and beat the butter down with a hard wooden rammer, cover the top with a thick layer of salt, so that when turned to brine, it shall entirely cover the butter.

342. *Nettles, besides being wholesome to eat when cooked, make excellent tea.* The best way to pick them is to quickly grasp a handful, by which you feel no sensation of pain, or by wearing gloves.

343. Soap improves in quality by being kept.

344. Eggs which have been boiled, may be again made hot by putting them into a basin of hot water, and covering them over for five minutes.

345. Gruel soon becomes sour, hence it should be made in small quantities at a time ; for an invalid, or for a child fed upon gruel, it should be made daily.

346. When a beaver or silk hat has been wetted with rain, on reaching home it should be wiped dry and brushed, to lay the nap smooth.

347. Cloth of all colours, except scarlet, may be cleaned by rubbing the greasy spots with yellow soap, and when this is nearly dry, brushing off the soap with warm water : if one trial is insufficient, the process may be repeated.

348. Be careful in hanging up linen to dry, that it does not come in contact with anything that may communicate a stain : iron in particular.

349. When spectacles are really necessary, they should only be purchased of some well-known optician : cheap glasses are not to be depended upon.

It is a sad waste to put fuel under a boiling pot.

Avoid the use of skewers in meat, as much as possible.

Legs and shoulders of meat should be hung knuckle downwards.

Regularity and attention to time are the main secrets in boiling food.

350. *Gutta-percha clothes-lines are stronger and much more durable than common cords*: they can also be cleaned, and are not affected by wet.

351. To preserve furs from moths, no scented substance can be depended upon: the best plan is to take out and open the furs frequently during the week, and to beat the back-part or skin very gently with a stick: the fibres should then be carefully combed out.

352. Coffee ought to be ground fine, in order that the water may be enabled to penetrate to the centre of the particles, and extract those parts upon which the goodness of coffee depends.

353. Meat may be kept for several days in hot weather, by wrapping round it a linen cloth moistened with vinegar, or equal parts of vinegar and water; the acid water keeps off the flies, and the moisture occasions cold by evaporation.

354. A very nourishing broth for weakly people may be made from two pounds of loin-of-mutton (the fat taken off), boiled with a large handful of chervil, in two quarts of water, until reduced to one.

355. *Hair, or even straw mattresses, are more healthy to sleep on than feather beds*: never put children on these heating beds.

356. A cow-heel, on account of the vast quantity of gelatine with which it abounds, is well calculated for giving body to soups. The cow-heel after being cracked is boiled with the broth or soup.

357. Lovers of pea-soup would better consult their health by boiling the peas whole, than split or deprived of their husks; for these promote the grinding of the peas, and prevent them from turning acid in the stomach, which split peas readily do.

358. The Russians preserve milk by slow evaporation over the fire until it is reduced to a solid substance, which is powdered, put into a bottle, and sealed up; when required for use as milk some of the powder is mixed with water, and it has then the properties and taste of milk.

Before taking off lids from saucepans on the fire, blow off the dust.

In winter, paste should be made very firm.

359. *Pudding cloths, however coarse, ought never to be washed with soap; they should be dried as quickly as possible, and kept dry and free from dust, and in a drawer or cupboard free from smell.*

360. A good lip-salve, useful for chaps, &c., is made of equal parts of almond or olive oil, and the best white wax: melt the latter in a clean gallipot, set at the side of the fire, then add the oil.

361. Remember the time when the various articles for making pickles are in season:—artichokes, July and August; cauliflowers, ditto; capsicum pods, end of July and beginning of August; cucumbers, latter end of July and August; French beans, July; mushrooms, September; nasturtium pods, middle of July; Onions, middle and end of July; Radish pods, July; red cabbages, August; samphire, August; tomatoes, end of July and August.

362. Alabaster ornaments should always be kept under a glass shade: they are irrecoverably stained by coloured oils, varnishes, smoke, tinctures, &c. Large and common alabaster statues are polished by rubbing them carefully with pumice-stone and water, and afterwards with a thick mixture of chalk, soap, or milk; when perfectly smooth this should be well washed off, and the figure, being dried, should finally be rubbed with flannel.

363. All green vegetables of the cabbage kind should be chosen with large, close, firm hearts; when fresh the leaves are crisp and brittle; when stale they are lank and drooping.

364. For turning meat, a pair of small tongs is preferable to a fork, which makes holes in it, through which the juice runs out.

365. *Silver articles, not in daily use, should be covered with wash-leather, or any soft material, to keep them as much as possible from the air.*

366. As clothes, when laid up for a time, acquire an unpleasant odour, which requires considerable exposure to the atmospheric air, it can be prevented by laying recently-made charcoal between the folds of the garments.

Veal and lamb spoil sooner than other meat.

Meat and poultry should not be left in the water when done.

A leg of mutton should never be spitted, as the gravy is lost.

367. All soups made with the flesh of full-grown animals, and not containing many green vegetables, are better for being kept a day after being made, as their ingredients thus blend together better ; they should be kept in earthen vessels, and not covered up till quite cold.

368. *If the tinning of a saucepan be worn away, and verdigris formed on the copper beneath, it is unsafe to use it for any purpose whatever, until it is re-tinned.*

369. The vinegar used for preparing pickles should always be heated in an unglazed earthenware pan ; it ought never to boil, but poured over the substance to be pickled just when it begins to simmer. The spices may be simmered with the vinegar.

370. Servants should be careful not to scrape off wax or tallow adhering to plate with a sharp knife : these scratches cannot be removed, except by rubbing off the silver around until it is levelled to the indentations.

371. *Isinglass is a most delicate starch for fine muslins :* when boiling common starch, sprinkle in a little fine salt ; it will prevent its sticking.

372. Every careful housewife will see that clothes-lines are well wiped before they are put up, and taken down as soon as they are done with.

373. In some families a large piece of baize is kept in every room for the purpose of extinguishing accidental fires. The plan should be generally adopted.

374. *Vegetables should not be washed or placed in water, till immediately before being used.*

375. A tool-chest, with hammer, nails, &c., always ready at hand, will often save expense to a house-keeper.

376. Straw matting should be washed but seldom, as dampness is injurious to it. In cleansing a floor-mat, wash it with a coarse cloth dipped in salt and water, and, as you proceed, wipe it dry with another coarse cloth ; the salt prevents the matting from turning yellow.

377. Never use newspapers for packing, as the printing ink may soil whatever it touches.

Warm, moist weather is the worst for keeping meat.

Spits should be always washed and scoured before use.

A fire for frying should be free from smoky coals.

378. Nursery fenders should always be very high, and firmly fixed, so as not to be easily removed or overset. The tables in the same room should have no sharp corners; neither should there be projecting shelves within reach of the children's heads, nor any hooks or nails in the lower part of the wall.

379. *Pictures should be dusted lightly with cotton wool, or with a feather brush.*

380. Decanting cold wine into a vessel taken warm from before the fire, will often crack the decanter.

381. Salad-dishes should be of porcelain, or of delf ware; neither too deep nor too shallow. Pewter, not even pewter, agreeing so well with vinegar and oil, which leave their several tinctures behind.

382. Economical makers of salads pour on the oil alone at first, as more apt to diffuse itself than when mixed with acids, which at last are added.

383. When raisins adhere together in lumps, they cannot be considered as of good quality; and in use would prove wasteful.

384. A little flour mixed with the butter, renders turnips less watery when mashed.

385. For a good furniture polish, melt over a slow fire two drachms of salt of tartar, or ten ounces of potass, dissolved in water: five drachms of wax, cut into small pieces, and ten ounces of water. Lay this mixture on with a brush, and when dry, polish with a piece of cloth.

386. *Stains of smoke on paper-hangings may sometimes be cleaned by rubbing them with the crumb of a loaf.*

387. In washing a quilt or counterpane, never use soda.

388. Strips of leather, nailed along the edge of the dresser-shelves of the kitchen, are very convenient receptacles for spoons, or similar articles in constant use.

389. When vinegar is employed to fumigate the chambers of the sick, it should be boiled in glazed earthenware pipkins, and passed about the bed.

Raisins should be stoned with clean hands.

All fruits for preserving should be gathered in dry weather.

The freshness of all ingredients of puddings is important.

The first requisite for good bread is that the flour or meal be good.

390. To keep sponges soft and clean, wash them in warm water, with a little tartaric acid in it, and then rinse them in cold water. Too much tartaric acid will corrode them.

391. *Instruct your servants not to throw any animal or vegetable substances into the dust-hole:* the noxious exhalations which arise from a neglect of this precaution are dangerous.

392. Many cooks spoil their garden stuff by boiling them too much. All kinds of vegetables should have a little crispness, and if boiled too much, their sweetness and appearance are affected.

393. *In cleaning japanned candlesticks, do not employ great heat, either of the fire or of water.*

394. *Saucepans, after being cleaned, should be well dried by the fire before being put away.*

395. A little yeast, beaten with sugar and the yolk of an egg, makes a cake much lighter than any quantity of eggs or butter can do.

396. Trust to yourself only in the supplying a household with provisions. Servants should be kept out of temptation.

397. Polished steel should be rubbed with putty powder, laid on with a buff stick.

398. Remember that glass not only protects ivory from cracks, but affords the means of bleaching or whitening ivory that has been discoloured. To remove cracks caused by exposure, ivory should be washed in soap and warm water with a brush until they disappear.

399. Lightness, looseness, ease, and moderate warmth, are the chief objects to be kept in view in clothing infants and children.

400. A nursery should be a spacious, lofty, light, and airy room. Cold damp air and imperfect ventilation promote scrofula.

401. It has been computed that, from the dissipation of the nutritive juices by boiling, one pound of *roasted* contains as much nourishment as two of boiled meat.

Never add fresh tea to that already made, to strengthen it.

Baking is the least advantageous mode of cooking.

402. The addition of lemon-juice to rich and glutinous soups renders them less liable to disagree with the stomach.

403. Cement-fronts to houses are objectionable on the score of economy, being a great increase on the cost of outside painting.

404. Unpeeled onions are blackened by exposure to the air ; it is therefore well, when pickling, to keep them always covered with brine or vinegar.

405. Cooking-utensils, after use, ought not to be left to drain, as there is a great liability in that case to oxidation ; they should be well washed in hot water, and wiped dry with a cloth.

406. Rusks, biscuits, or tops-and-bottoms, are much more wholesome food for young children than bread.

407. Children's food should be prepared as often as three times a-day *with rain or filtered water*, and with not more than half of milk, which must never be boiled.

408. Melted butter is perhaps the most injurious of all the inventions of cookery.

409. Stewpans and soup-kettles should be examined every time they are used ; these and their covers should be kept clean and *well tinned*, not only in the inside, but a couple of inches on the outside.

410. Mashed potatoes make an economical ingredient in peas-pudding.

411. The best method to save dripping is to pour it, whilst hot, into a basin of cold water, by which plan any dust sinks to the bottom.

412. Keep curry powder closely corked, and in a dry place : curry can be made with the remains of any cold meat.

413. To have horse-radish in keeping, grate a sufficient quantity during the season, put it in bottles, fill up with strong vinegar, cork them tight, and set them in a cool place.

414. Hops lose all their fine flavour by exposure to the air and damp ; they should be kept in a dry, close place, and tightly packed.

If left damp, linen soon becomes mildewed.

Never think any part of household work too trifling to be well done.

Sweep kitchen chimneys often with an old broom kept for that purpose.

415. When a cask requires purifying, set fire to a pound or more of broken charcoal, put it into the cask, and fill the cask with boiling water : after this roll the cask once or twice a-day for a week, then pour out the charcoal and water, wash out the cask with pure clean water, and expose it to the external air for some days.

416. Thunder will turn and often change wines. Cellars that are paved, and the walls of stone, are preferable to boarded floors.

417. Take care of the liquor in which poultry or meat has been boiled, as an addition of peas, herbs, &c., will convert it into a nourishing soup.

418. A good kitchen-screen to keep currents of air from meat when it is roasting is essentially useful.

419. Hats require great care, or they will soon look shabby : brush them well with a soft brush, and have a stick for each hat, to keep it in its proper place, especially if the hat has been exposed to wet.

420. Fish and milk ought never to be taken at the same meal, being a particularly indigestible combination.

421. The roots of the radish, boiled, form an excellent dish when served up in the same way as asparagus.

422. Window-blinds should be made of white calico, which is much more suitable for washing than brown holland.

423. A good pudding may be made of carrots, by boiling two or three large ones till tender, pounding them in a mortar, or beating them until they are quite smooth : add double the quantity of finely-sifted bread-crumbs, a pint of milk, and a little grated lemon-peel : put it into a pie-dish and bake it.

424. To keep a razor in good condition it should be stropped after using, having been previously dipped into hot water and wiped perfectly dry.

425. If a little rubbing of furniture each day soon brings a lustre on the dullest surface, how much easier it must be to keep everything bright which has once been made so !

Glass should be washed in water moderately warm.

A prudent house-keeper will settle her own bills with tradespeople.

Jellies are most perfect and transparent when clarified sugar is used.

426. Window-panes may be made to resemble ground-glass by daubing them with putty, or a brush with a little thin paste.

427. Paintings should be kept in as pure an atmosphere as possible, and in a dry situation: they should not, therefore, be suspended against heavy walls of masonry, especially in badly-ventilated buildings: excess of light, particularly the direct rays of the sun, also acts injuriously on paintings.

428. To render paper waterproof and useful to housekeepers for tying over pots and jars, to wrap up paste blacking, ground whitelead, &c., merely brush the paper with "boiled" oil, and suspend them on a line until dry.

429. The secret of bottling wine with success consists in the simple exercise of care and cleanliness. The bottles should all be *sound, clean, and dry*, and perfectly free from the least mustiness or other odour: the *corks* should be of the best quality, and before being placed in the bottles should be compressed by means of a "cork-squeezer."

430. In furnishing a house it is best to buy carpets first, and then to let their colour lead the tone and style of curtains, paper-hangings, chair-covers, hearth-rugs, and all other articles.

431. A good blacking for harness, &c., may be made thus: melt two ounces of mutton suet with six ounces of bees'-wax: add six ounces of sugar-candy, two ounces of soft soap dissolved in water, and one ounce of indigo finely powdered; when melted and well mixed, add a gill of turpentine: lay it on the harness with a sponge, and polish off with a brush.

432. In cake-making, every article employed therein should be got ready one hour previously to their being wanted, and should be placed before the fire or upon a stove, that they may become gently heated, without which no good cakes can be produced.

433. Hard brushes should be used as little as possible in cleaning clothes; if wet and dirty, the spots should be rubbed out with the hands and a slight application of the brush afterwards.

Scales are essential in every kitchen.

For scouring in winter, dry, clear weather should be chosen.

Never throw animal or vegetable substances into a dust-hole.

434. Some persons put sugar into starch to prevent it sticking while ironing, and others stir the starch with a candle to effect the same purpose; these practices are injurious to the articles starched: the best plan to prevent sticking is to make the starch well, and to have the irons quite clean and highly polished.

435. Ointments and unctuous preparations generally may be prevented from getting rancid, by dissolving in the fat a little gum-benzoin, or benzoic acid.

436. Leeches are best preserved in water obtained from a pond, and occasionally changed; when kept in spring-water they soon die: if pond-water is not easily obtained, rain-water, that has been well exposed to the air, can be employed.

437. In purchasing carpets it is economical to buy them of the same pattern for several rooms, because in the event of removal to a house with different-sized apartments, a piece of one carpet may be taken to add on to another.

438. Never use the wood of old barrels for fires when cooking without knowing what their contents have been.

439. Never throw cod-sounds away; take them out carefully with a knife, and wash them well in salt and water; dry them between two cloths and hang them to dry for six or eight hours; get coarse common salt and saltpetre beaten finely, with baysalt, and put this between each layer of fish as you may get them, taking care always that they be not exposed to the air.

440. All the preparations used for dyeing the hair are bad, and it will be prudent, therefore, to bear with a minor grievance (?) than run the risk of serious consequences.

441. Those of a spare habit will find coffee-milk, made as follows, an excellent beverage for breakfast;—boil a dessert-spoonful of ground coffee in about a pint of milk a quarter of an hour; then put into it a shaving or two of isinglass and clear it; let it boil a few minutes, and set it on the side of the fire to fine: sweeten with best sugar.

Salting greatly impairs the nutritiousness of meat.

Puff-paste requires a smart oven to make it rise light.

Lean meat is best for potting.

Split peas for peas-pudding should never be soaked before they are boiled.

442. A cheap fuel may be made in every family by mixing coal, charcoal, or sawdust, one part ; sand of any kind, two parts ; marl or clay, one part ; in quantity, as wanted : make the mass up wet into balls of a convenient size, and when the fire is sufficiently strong, place the balls a little above the top bar, and they will produce a heat considerably more intense than common fuel, and ensure a saving of one half the quantity of coals. A fire thus made up will require no stirring, and will need no fresh fuel for several hours.

443. Air, light, warmth, and dryness, are requisite to keep fowls in good condition ; the yard in which they are kept should be well drained and gravelled. If possible poultry-houses should have a southern aspect.

444. A prudent housekeeper should look well after the fruit and kitchen garden, and not leave it entirely to the management of a gardener ; by this means, instead of being an expense, a carefully-kept useful garden will be an economy.

445. A good method of cooking vegetable-marrow is, to cut them into suitable sized pieces, take out the seeds and spongy parts, boil in a good quantity of water, until soft enough to be mashed. When taken up, scrape off the yellow outside skin, mash with butter, salt, and pepper.

446. Wiping joints of meat with a dry cloth assists in preserving its flavour, and prevents mustiness.

447. To distinguish water-cresses from the water-parsnip, which they much resemble, remember that the former are of a deep green, and sometimes spotted with brown, and the extremities of the leaves are more brown, especially the last leaves, which are in pairs larger than the others and undulated at their edges. The water-parsnip is of a uniform green, the ends of its leaves are longer and narrower, rather pointed ends, and toothed or jagged at the edges.

448. When lamps are dirty inside, they should be cleaned with hot water and potash, well rinsed, and afterwards set by the fire to dry : lacquered lamps should not be touched with any strong acid.

Small lumps of unsalted lime placed about will destroy beetles.

Kitchen spoons, for stirring, should be of wood.

449. In pickling, it is essential that the articles in preparation should be free from water or damp, otherwise they will soon become mouldy.

450. To get rid of the mealy substance in dried figs, keep them in a cool and rather moist cellar for twenty-four hours before using them.

451. Few persons, observes M. Soyer, know how to chop onions properly. In the first place, all the dry skin must be removed; then a thin slice off the top and bottom, or they will be bitter; then cut them into thin slices, dividing the onion, and cut crossways to form dice. If a slight flavour is required and the onion is strong when chopped, put the pieces in the corner of a napkin or cloth, wash them in water, squeeze them dry, then put them back on the board and chop fine.

452. In roasting meat, the less the spit is made to pass through the prime part of the joint the better. Thus, in a shoulder of mutton, the spit is made to enter close to the shank-bone, and passed along the blade-bone of the joint.

453. Coke is the best fuel for broiling, for it does not emit any smoke, and gives a clear and moderate heat; a mixture of coke and charcoal is useful.

454. The best way of eating mackerel, is to broil it in buttered paper upon the gridiron; and, when properly done, to put fresh butter in the inside, with chopped parsley, pepper, and salt, which melts and adds a good flavour to the fish.

455. In order that coffee may be perfectly good, and very high flavoured, not more than half a pound of the grain should be roasted at once.

456. Grapes keep much better when hanging than when laid upon a table, and it is advisable to seal the cut end with a drop of sealing-wax: they should be inspected from time to time, and the mouldy or spoiled berries should be cut away.

457. To clean gloves that are not very dirty, lay them out flat, then rub into them a mixture of finely-powdered fuller's earth and alum; sweep it off with a brush, sprinkle them with dry bran and whiting; lastly, dust them well.

House linen, ill-managed, is an expensive article.

Tongues lose their flavour when hung to dry.

New candles and soap are always wasteful.

458. Dr. Kitchener's advice to purchasers of meat is worth remembering : "When you order meat, poultry, or fish, tell the tradesman when you intend to dress it."

459. Meat from which broth has been made is useful for potting, and is quite as good as that which has been boiled until it is dry.

460. In beef the ribs are less liable to become tainted than any other joint. The best meat for keeping is mutton, and the leg keeps best.

461. Meat employed for broth, soup, or gravy, should be fresh, for if in the slightest degree tainted or nasty it communicates a disagreeable taste ; fresh meat gives a more savoury broth than meat that has been kept two or three days.

462. Honey is frequently adulterated with treacle, starch, and wheat flour : the first may be detected by the colour and odour, and others by the honey not forming a nearly clear solution with cold water.

463. When a whole cheese is cut, and the consumption small, it becomes dry and loses its flavour : to prevent this, cut a sufficient quantity for a few days' consumption from the cheese, and place the remainder in a cool place, rather damp than dry, spreading a thin film of butter over the cut surface, and covering it with a cloth to keep off the dirt.

464. Fruit-spots, and similar stains, may frequently be removed from cloth, by holding the part over a common brimstone match, lighted, or by water acidulated with a little salt of lemons, oxalic or muriatic acid ; but care must be taken not to apply this liquid to colours that it will injure.

465. Fish may be preserved in a dry state, and perfectly fresh, by means of sugar alone : fresh fish may be thus kept for some days, so as to be as good when boiled as if just caught : they are much better in this way than when salted.

466. Wherever we find personal cleanliness, neatness, and domestic comfort, we may expect a degree of self-respect, a delicacy of feeling, and an obedience to the laws of morality.

In small families there is no need of a grease-tub.

It is better to put one clean sheet on beds very often than a pair more seldom.

All family linen should be set to rights after it comes from the wash.

467. To ascertain the age of a hare, examine the first joint of the fore-foot : you will find a small knob if it is a leveret, which disappears as the hare grows older : then examine the ears ; if they tear easily, the animal is young. When newly killed, the body is stiff ; as it grows stale, it becomes flaccid.

468. If vegetable pickles are wanted of a bright green colour, it may readily be effected by soaking them when ready prepared, for a few minutes, first in turmeric, and then in a diluted solution of the colouring matter of indigo, dissolved in water. This method of staining the pickle is perfectly harmless.

469. Never be in a hurry to get a dinner dressed. French cooks, who excel us in the culinary art, begin in the morning early, and thus have everything done and ready at the proper time.

470. Causing anything to boil violently in any culinary process, is ill-judged ; for it not only does not expedite, in the smallest degree, the process of cooking, but it occasions an extravagant waste of fuel. It is not by the bubbling up, or violent boiling, as it is called, of the water, that culinary operations are expedited.

471. Marking-ink may be removed from white articles by ammonia-water, solution of chloride of lime, liquid chlorine, or iodine.

472. To make a Devonshire junket, put warm milk into a bowl ; turn it with a little rennet, then add some scalded cream, sugar, and cinnamon, on the top, without breaking the curd.

473. Potatoes, when boiled, should not be overdone ; for in such a case they are deprived of their nutritious qualities.

474. Asparagus is only wholesome when in an intermediate state between root and plant : when older than this it is remarkably acrid.

475. Tea-economists should be aware that as much carbonate of soda as will lie on a four-penny piece, put into the tea-pot with two spoonfuls of tea, and the usual quantity of water, will make it as strong as three tea-spoonfuls without it.

Soda dissolved in cold water cleans hair-brushes.

Clear-starching to be well done requires very careful previous washing.

Fine plain muslin articles ought to be ironed on a clean, soft woollen cloth.

476. In drying and preserving herbs, pick off the leaves from the stalks, and rub them over a hair sieve, so as to extract the dust which generally adheres to them, particularly those which are purchased with the roots on; put them in wide-mouthed bottles (taking care that they are quite dry), and, if well stopped, the aroma of the herb will be preserved.

477. On the approach of frost, do not omit to cover all the exposed parts of water-pipes with hay or straw bands, or any substance that will prevent the water from freezing.

478. No metal spoons should be employed in beating or stirring the ingredients of cakes; wooden spoons should be used.

479. To dry parsley, gather it when dry and free from dust; place it in a pan before the heat of the fire, till it becomes crisp; rub it, and pass it through a sieve, and preserve the powder in dry bottles, for use, leaving them uncorked in a warm place for a week or ten days.

480. A very small quantity of gum-dragon will make a pint of very stiff, full-bodied jelly, when dissolved in water; this preparation strengthens the consistence of savoury jellies, (when added to them over boiling water, and mixed together in a liquid state,) and is a great improvement to meat-pies.

481. The great art of composing a rich soup consists in so proportioning the several flavouring ingredients that no particular taste predominates.

482. When broth, soups, or gravy, are preserved from day to day, in hot weather, they should be warmed up every day, and put into fresh-scalded pans; this renders them less liable to spoil.

483. In making bread, when the new flour is of indifferent quality, from twenty to thirty grains of the carbonate of magnesia to a pound of the flour will considerably improve the quality of the loaf.

484. Bottles of wine or beer should be laid on their sides, as they offer less obstruction to the least feeble efforts of fermentation than if they stood in the high column which an upright posture would produce: pressure resists chemical changes.

A piece of burnt cake in a trap is a good lure for mice.

Linen of all descriptions should be marked with permanent ink.

A shoe ought never to be a tight fit when first drawn on.

485. The earthy mould should never be washed from potatoes, or any other sort of roots, till they are to be dressed.

486. Cheeses should be kept in a room where there is a good circulation of air; and they should be turned frequently. The room should be kept very clean, by sweeping, to prevent the access of insects.

487. Excellent fish-soups may be made of the skull of cod, skate, or flounders, boiled in no more water than will cover them, and the liquor thickened with oatmeal.

488. Let the sides or walls of your meat-safes be occasionally scoured with soap, or soap and slacked quicklime. All places where provisions are kept should be so constructed, that a brisk current of cool air can be made to pass through them at will.

489. Strong scented vegetables should be kept apart from those that are inodorous; leeks or celery will quickly spoil a whole basketful of cauliflowers, salads, or the finer vegetables.

490. Meat kept immersed in pickle rather gains weight; but in the common way of salting, when the meat is not immersed in pickle, there is a loss of about one pound, or one and a half, in sixteen.

491. Fruit-jellies should not be kept in glazed earthenware pots, because they act or dissolve a portion of the glaze.

492. By bruising and boiling the refuse bones of the kitchen, and skimming the broth when cold, good fat may be obtained fit for culinary purposes when fresh, and always excellent for making soap and candles.

493. When potatoes are taken from the winter store, they should be put into cold water for ten or twelve hours. This immersion prepares them by a gradual transition from a low temperature to that of boiling water.

494. If you purchase bread from a baker, by all means buy the best: when you make it yourself, various additions may be made of a wholesome kind that will render it cheaper. Thus, mashed potatoes, ground bran, potato farina, and several other articles, may be added at pleasure.

All large fish, with the skin whole, must be placed on the fire in cold water.

Very rich roasted meat, if covered with paper, does not require basting.

There is nothing so dear as bad wine in the long run.

495. Vegetables should not be kept in water when fresh, or refreshed by sprinkling them with water (as is often practised) until they are to be used, for the flavour is thereby greatly injured. It is only when they have become flaccid, that they should be immersed in water, to restore their crispness before they are cooked, otherwise they will be tough and unpalatable.

496. Bed-rooms should be kept as clean as the room in which a family receives visitors or friends.

497. Cakes keep best in tin canisters ; wooden boxes, unless well seasoned, are apt to give them a disagreeable taste ; brown paper should be avoided for the same reason.

498. A shoulder of mutton is, next to the leg, the joint of meat best calculated for keeping in warm weather.

499. It is well to remember that no liquid preparation of sugar keeps well, unless in a cold situation. In making syrup, it is requisite to employ as little heat as possible ; as a solution of sugar, even when kept at the temperature of boiling water, undergoes slow decomposition.

500. The frequent use of a stiff broom soon wears out the beauty of the best carpet : an ordinary clothes-brush is best adapted for superior kinds : if servants would frequently sweep under them, the necessity of beating carpets would be avoided, and this is the worst enemy that a carpet can have.

Ham, when well cured, can be kept several years.

A bunch of sweet herbs boiled in pickling vinegar is an improvement.

Veal, when kept, should be hung up, and not laid down anywhere.

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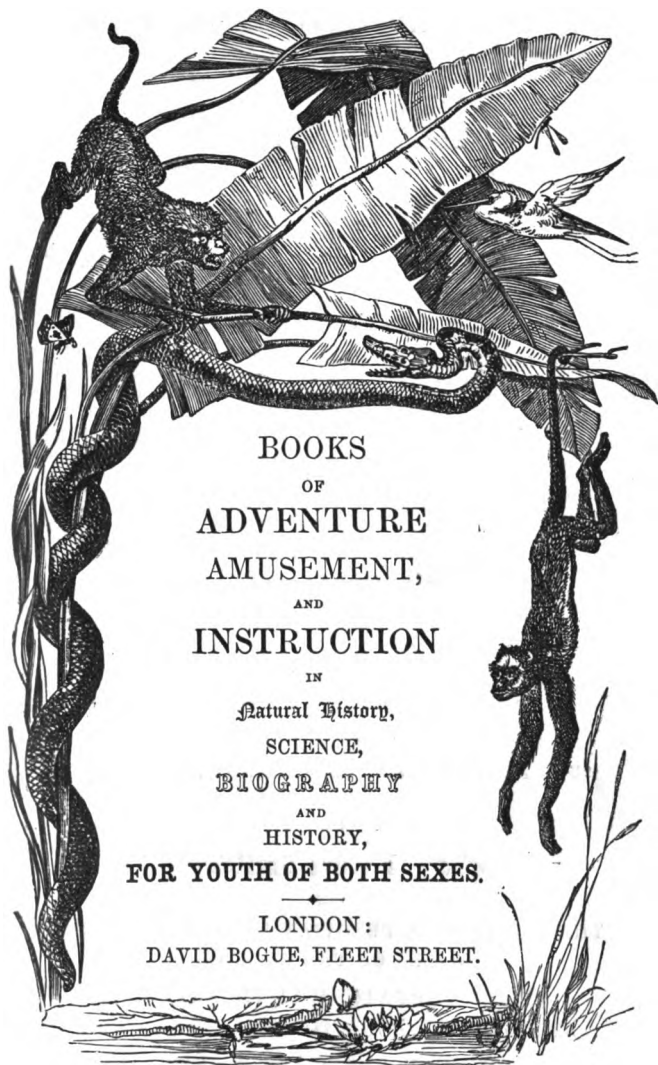
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